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November 2011
AED 15

100+ recipes inside!

GoodFood

Under the sun

MIDDLE EAST

- **Let's entertain** outside
- Brilliant **barbecue ideas**
- **James Martin's** picnic classics



GoodFood Middle East Awards

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for Christmas

Cosy autumn delights

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Al Ghaith Trading
Kenwood Showroom, Hamdan Street,
Abu Dhabi, U.A.E.
Tel: 02 678 4300, Fax: 02 677 3837
Email: ghaithtr@emirates.net.ae

Publisher
Dominic De Sousa

Chief Operations Officer
Nadeem Hood

Sales Director
Lindsay Moulin
lindsay@cpidubai.com

Sales Manager
Carol Owen
carol@cpidubai.com

Editor
Lauren Hills

Designer
Odilaine Salalac Mejorada

Marketing & Communications
Marizel Salvador

Distribution Manager
Rochelle Almeida

Photographer
Cris Mejorada

Web Developer
Louie Alma

Contributors
Dave Reeder, Suzanne Husseini, Liesa Euton, Mike Harrison, Carole Holditch and Nausheen Noor

Subscriptions
subscribe@bbcgoodfoodme.com

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UK TEAM

Editor
Gillian Carter

Creative Director Food Group
Elizabeth Galbraith

Publishing Director
Alfie Lewis

Managing Director
Peter Phippen

Head of International Development
James Hewes (james.hewes@bbc.com)

International Partners Manager
Linda Ligios

HAVE YOU NOMINATED? Nominations are well under way; now is your chance to get online and nominate your favourite restaurants, brands and shops in the second annual *BBC Good Food ME* Awards. See page 40.

BBC GoodFood MIDDLE EAST Awards

EDITOR'S NOTE



Under the sun

Only if you've endured a UAE summer (or three) will you fully appreciate the cooler climes this region has to offer. October tempts us with its sporadic cooler days, but if you are talking fun dining outdoors (sans sweating) then November is the time to dust off the barbecues, pack the picnics and enjoy the casual atmosphere of entertaining and dining under the Middle Eastern sun.

This issue is packed with fun ideas – from alfresco parties, brilliant recipes for the grill and classic picnic ideas from the lovely James Martin. We also embrace seasonal ingredients with awesome apple-inspired recipes from the talented photographer and food blogger Sukaina Rajabali, indulge in a decadent Thanksgiving feast with Dalia Dogmoch and enjoy the gorgeous recipes made from organic ingredients from *Cooking with a Manicure*'s Farah Sawaf.

While the weather might be cooling down, the restaurant scene is just heating up. Read about the closing of Verre by Gordon Ramsay and the exciting launch of Table 9 by Scott Price and Nick Alvis in our trends section, and get into the kitchen at Zuma to learn about the new dishes Reif Bin Othman has whipped up. If you have been curious about the newly opened Toro Toro in Grosvenor House Tower Two, but haven't managed to nab a table, be sure to hear what Richard Sandoval has to say about his pan-Latin restaurant.

If you haven't nominated in the BBC Good Food ME Awards 2011, get online today to get involved. Nominations close on 25 November, so be sure your favourites are in the running!

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, editor
lauren@cpidubai.com



PAGE 58 | Dalia's **Thanksgiving feast**



PAGE 100 | Weekend **Autumn delicious**

BBC Magazines

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LAST BITE

110 LAST BITE
There is new Italian chef on the block; we catch up with new head chef, Daniele Capobianco of Certo, Radisson Blu Dubai Media City



Our recipe descriptions

- V **Suitable for vegetarians**
- ❄ **You can freeze it**
- ❄ **Not suitable for freezing**
- P **Contains pork**
- 🍷 **Contains alcohol**
- ☑ **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.

Low fat 12g or less per portion.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- **contains pork** P
- **contains alcohol** 🍷

Crazy for competitions

Win luxury hotel stays, gourmet dinners, foodie hampers and more...



WIN

AN OVERNIGHT STAY AT INTERCONTINENTAL DUBAI FESTIVAL CITY WITH DINNER FOR TWO AT TERRA FIRMA STEAKHOUSE

Enjoy a five-star overnight stay at InterContinental Dubai Festival City in a luxury superior room, complete with a sumptuous dinner for two at the hotel's newest restaurant, Terra Firma Steakhouse. Enjoy breathtaking views of the Dubai skyline and dine in style next to the lovely Festival Marina on Dubai creek.

WIN

A CULIN'OR JUICE EXTRACTOR



Stylish and highly functional, a Culin'Or Juice Extractor has a 75mm feed tube, 2-speed function, hygenic stainless steel exterior and anti-slip rubber feet.



WIN

DINNER FOR TWO PEOPLE (EXCLUDING ALCOHOL) IN NEZESAUSSI GRILL, AL MANZIL HOTEL

A popular sports bar and grill in Dubai, you can enjoy a friendly atmosphere, yummy food and drinks plus superb service. Very family friendly, the menu, featuring a 'kick-off' (starter), a 'half-time' (main course) and a 'full-time' (dessert), that is suitable for kids as well as adults.



WIN

SAKURA DINNER FOR TWO AT TAJ PALACE HOTEL Located in the elegant Taj Palace Hotel Deira, Sakura is an elegant Asian dining outlet featuring two teppanyaki tables and a sushi counter in a minimalistic but comfortable environment. Perfect for a cosy night out.

ED'S CHOICE



WIN

JAZZ AND BUBBLES FRIDAY BRUNCH FOR FOUR AT MOVENPICK HOTEL JUMEIRAH

The Talk Restaurant & Lounge is the talk of the walk! Every Friday, the mood cranks up a notch with the special Jazz & Bubbles Friday Brunch, mixing cool jazz and great food.



WIN

SLOANE'S FRIDAY BRUNCH FOR TWO Enjoy some of the very best 'a la minute' cuisine courtesy of the Sloane's open show kitchen with monthly theme. Situated on the mezzanine level of Grosvenor House Dubai, you can enjoy views of Dubai Marina from its terrace.



WIN

A GENERATION CREATION AT MAZINA SATURDAY FAMILY BRUNCH Saturday family brunch at Mazina is all set to become to more interactive with The Generation Creation activity of the month - Pottery & Clay. Work with your family, create a beautiful pottery and make it yours when you dine at Mazina on 26 November 2011. Lots of fun for the whole family and prizes to be won.

WIN

FRIDAY ITALIAN LUNCH FOR TWO PEOPLE (EXCLUDING ALCOHOL) IN ESCA RESTAURANT, QAMARDEEN HOTEL



Indulge in the rich culinary delights of Italy with mouth-watering à la carte dinner menu at Esca, a chic all-day dining restaurant with its state-of-the-art oven that serves baked bread and pizza in a variety of flavours to complete an authentic Italian culinary experience.

WIN

DINNER FOR TWO (EXCLUDING ALCOHOL) AT RARE, DESERT PALM DUBAI



Modern international grill with emphasis on simple, healthy, fresh seafood and vegetarian options. Whether dining indoors or on the terrace, savour the view of the lush polo field and Dubai skyline beyond.

To stand a chance to win these prizes visit our competitions page on www.bbcgoodfoodme.com and fill out the forms; it is so easy to do!



Saturday family brunch at Mazina is all set to become more interactive as we invite you to participate in the Generation Creation activity - Pottery & Clay. Create a beautiful pottery and make it yours when you dine at Mazina on 26th November 2011. Have fun with the entire family, as we have prizes for everyone to be won.

Promotional price: AED 195 per person
Timing: 12:30 pm to 3:30 pm

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WHERE *life* HAPPENS

Top 10 **foodie moments**

From top restaurants to try, quirky foodie moments, the best deals in town and nutritious information, *BBC Good Food ME* keeps you in the know



foodie moments

1 Farewell Verre by Gordon Ramsay, welcome **Table 9**

Gordon Ramsay bids farewell to Dubai this month, as he terminates his partnership with Verre Hilton Dubai Creek. But as the Verre door closes, the restaurant will be transformed into Table 9 restaurant, a joint venture by executive chef Scott Price and head chef Nick Alvis, who have been at the Verre culinary helm for the past 18 months.

Verre, which opened ten years ago, was Ramsay's first international restaurant and one of the first restaurants in the world to be stamped with a celebrity chef name. The closure of Verre comes after Ramsay terminated ventures in Cape Town, Melbourne and Prague, although new restaurants have been opened in Doha and Montreal.

"After a regular review of our commercial operations, we have decided the time is right to end our consultant agreement with them," stated a spokesman for Gordon Ramsay Holdings (GRH).

Verre will cease to operate from 28 October, and Dubai can look forward to an exciting new venture – Table 9, which will open on 9 November 2011.

"Moving away from Gordon [Ramsay] and being given Verre to run as our own is scary, but it is also extremely exciting for both of us, to evolve as our own, one of the most established restaurants in Dubai," said Price.

The new restaurant has been named after the number of the coveted chef's table in the restaurant, a table that is to be pivotal to Price and Alvis's new concept. Inventive, elegant cuisine in a relaxed setting, there will no longer be a focus on three courses and a set menu, but a chance for people to explore a variety of dishes and a constantly changing menu.

"What we will achieve with Table9 is to relax the atmosphere, take away a lot of the formality, without compromising service or quality and make the menu much more accessible with dishes starting from AED 80; this will give diners the opportunity to have as much or as little as they like," said Alvis.

The new menu features 27 dishes, such as Bresaola marinated in orange zest, accompanied by puréed artichokes, as well as Lobster accented by vanilla and mango.

"We are excited about the whole menu because it's all new, fresh and different to what we have been doing for the last eight years, also one thing I am very excited about is our pick & mix trolley we are having specially made, that we are going to fill with lots of handmade candies for the guests to choose as a takeaway treat," Price continued.

An exciting, more wallet-friendly venture by two young, talented chefs, *BBC Good Food ME* can't wait to visit Table 9 to find out more.



2 BiCE Mare in business

BiCE Mare, the Italian fine dining seafood restaurant in Souk Al Bahar, recently launched its new business lunch menu, which features new Italian seafood culinary creations from executive chef Francesco Guarracino and his Italian kitchen team.

The menu, priced at AED100 per person for three courses, soft drinks and fresh juices, includes dishes such as homemade lobster ravioli with prawn sauce, crispy skin European sea bass with parsley, garlic and lemon dressing and homemade fettuccine with prawns and zucchini. The menu also includes a choice of dessert that is freshly prepared by the pastry chef.

"The menu has been created to offer a range of our new dishes that showcase our exceptional seafood and the regional cuisine of Italy. The dishes are light and fresh using only the finest ingredients to deliver the quality that BiCE Mare is known for," said Chef Francesco.

The BiCE Mare Business Lunch Menu is available from Sunday to Thursday between 12:30pm and 3:30pm. For reservations please call +971 (0)4 423 9082.

DID YOU KNOW? BiCE in Hilton, JBR has recently been refurbished and reopened. You can still enjoy the same bustling, intimate atmosphere, but there are modern, exciting touches through dark-wood paneled floors, beautiful white linen, photography on the walls and more. We hope to see you there for prosecco and a gorgeous creamy tortellini with black truffles.



foodie moments



3 Millions of Milkshakes

Kim Kardashian was in Dubai last month for the opening of her famous milkshake bar, Millions of Milkshakes. The first of its kind in the UAE and the first outside the US, dairy lovers in Dubai can now create their own tailor-made milkshake from over 50 available flavours. Not only the typical chocolate and sugary delights, there are healthier alternatives too. *BBC Good Food ME* can just picture the teens of Dubai lining up to get their fix!



4 Sensory delights at Le Meridien Dubai

Recently refurbished, with a new menu and tweaked concept, Café Chic at Le Meridien Dubai has evolved from a classic French dining destination, to a broader modern European concept, with fresh, light flavours and innovative dishes perfect for lunch or dinner.

For the month of November, head chef Etienne has created a special five-course degustation menu that stars fresh Boston Lobster and autumn black truffle; a gorgeous combination of seasonal flavours and textures, this menu is priced at AED 395 per person for a five-course menu.

Also, on 8 November, Etienne will be preparing a special sensory menu, which he says will be an innovative culinary exploration. Another five-course delight, the price for this ranges from AED 395 per person.



Taste no. 5- **Ummmami**

We all know about four senses of taste – sweet, sour, bitter and salty, but have you heard of the elusive umami taste sense? Umami is the Japanese word for the fifth sense of taste and chefs the world over have come to know this taste as a combination of delectable flavours that elevates food to new heights.

Now, exclusive to Jones the Grocer in the UAE, you can purchase your own Taste no. 5 Umami Paste, which is produced in Italy and has a mouth-watering intensity due to its mix of all-natural porcini mushrooms, parmesan cheese, anchovies, black olives and balsamic vinegar.

The perfect addition to your kitchen, you can use it as a condiment and spread it on crostini, bruschetta or on a sandwich, and it is delicious with cheese and cold meats too. You can also use it as a seasoning, and rub it into beef, poultry, fish, tofu or vegetables before cooking, or squeeze it into stir-fries, risottos and pasta sauce.

6 Madinat chef dedicated to wellbeing

Gabi Kurz the head chef of vegetarian fine dining restaurant Magnolia, Al Qasr Hotel Dubai has recently been appointed as Resort Wellbeing chef for Madinat Jumeirah.

A first for the Jumeirah Group, in her new role, Kurz will develop wellbeing menus that are both wholesome and nutritionally well-balanced for the resort's signature restaurants, in-room dining and conferences, as well as being responsible for the entire menu at Talise Spa.



Chef Gabi originally joined Madinat Jumeirah in 2007 as chef de cuisine and developed the concept for Magnolia, a fine-dining restaurant specialising in wellbeing.

Kurz has a certificate for Diabetic and Obesity Consultation, she conducts regular educational and nutritional advisory classes and is the author of several vegetarian cookbooks, one of which was recently honoured with the 'World Cookbook Award' in Paris in 2011.



7 Vôi at Zabeel Saray

A Vietnamese restaurant with an elegant French twist, Vôi recently opened at Jumeirah Zabeel Saray, The Palm Dubai.

The opening marks the completion of Zabeel Saray, with Jumeirah calling the restaurant the "culinary jewel" of the hotel. The concept of Vôi was inspired by the spirit of French colonial Southeast Asia from the 1920s, and signature dishes include marinated Scottish salmon spring rolls; duck breast, foie gras and Brussels sprouts in a tamarind Sauce; and baked banana served with warm chocolate spring roll and honey ice cream.

Vôi's chef de cuisine Phuong Mai, is a Vietnamese national from French-influenced Hanoi. Chef Mai joins Vôi with nearly twenty-five years of culinary experience.

Nineteenth century colonial French design was the inspiration for Vôi's interiors, with soaring ceilings, pure white walls, crystal chandeliers, shiny black lacquer furniture and floor-to-ceiling mirrors creating a sophisticated and elegant atmosphere with a sense of grandeur.

8 *Put it in the diary!* Changing Diabetes® Village comes to Dubai this December

The Changing Diabetes® Village, an important initiative spearheaded by Novo Nordisk to promote awareness about diabetes, is taking place in Mall of the Emirates, Dubai, from 5 to 7 December, 2011.

Be sure to visit to get a free blood sugar test and learn more about the effects of diabetes, how you can prevent it and how to lead a healthier lifestyle.

There are many free activities at Changing Diabetes® Village including healthy cooking demonstrations by Suzanne Husseini, Kinect sports games, dance activities , as well as football shows with players from the UAE national team.

BBC Good Food ME *is proud to be the media partner for this important event – we hope to see you there!*

START MAKING YOUR WISH LIST



THE TIME OF THE YEAR HAS COME TO PREPARE
YOUR WISHES FOR THIS FESTIVE SEASON.
DO NOT FORGET TO PUT US ON YOUR LIST
AS WE HOLD A BUNDLE OF SURPRISES
WAITING FOR YOU TO UNWRAP.

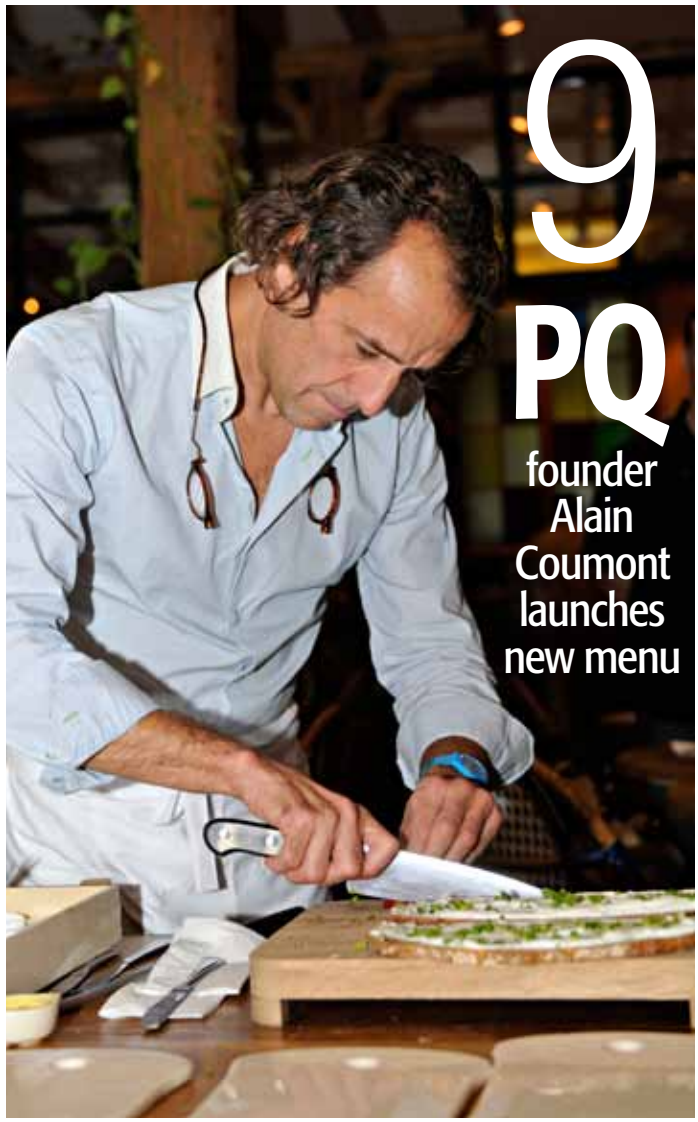
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foodie moments



9 PQ founder Alain Coumont launches new menu

Belgian chef, author and restaurateur Alain Coumont visited PQ, Mall of the Emirates last month to announce the new food items on the menu.

Building on from the existing menu, guests can enjoy a new range of delectable tartines and new wholesome options including soups, salads, quiches, pastries and desserts. Coumont empahsised that PQ's bread, milk, olive oils, tapenades and spreads are all sourced through ongoing relationships with organic farmers, and at the heart of the PQ menu is its handmade, organic bread, and of course the communal table.

"Food should be simple, wholesome, nourishing and delicious… it's good for our bodies, our communities and the world we live in," said Coumont.

The first PQ opened in 1990 in Brussels, Belgium and now operates in 18 countries.



10 Jamie Oliver supports sustainable fishing

Following the depletion of some of the fish species due to overfishing, Jamie Oliver has tied up with fellow chefs Gordon Ramsay, Arthur Potts Dawson, Heston Blumenthal and Hugh Fearnley-Whittingstall to remove the Big 5 endangered fish species from the Jamie Oliver restaurant menus.

Jamie Oliver is pushing people to use organic and sustainable fish farming, and from the local Dubai menu, he has removed the Tuna Carpaccio and has replaced the dish with a sustainable local Sea Bass.

The second dish to be removed from the menu is the grilled salmon steak which has now been replaced with a trout. Both the sea bass and the trout have been sourced from sustainable local UAE farms.

Afternoon tea delights



The skyline of Dubai is visible across the lush, green polo field, and as the sun goes down behind the palm trees, you leisurely sip your aromatic tea and bite into a freshly-baked fluffy scone with homemade strawberry jam.

This is just a taste of the tranquil indulgence you can experience at Desert Palm Dubai's Afternoon Tea.

The Afternoon Tea is available every day of the week from 4pm onwards. A fantastic way to while away an afternoon with friends or family, Desert Palm Per AQUUM is the perfect setting for quality time with loved ones and rejuvenation over a cup of steaming tea.

Tea is served on a lovely raised terrace overlooking a polo field lined with palm trees. The tables are adorned with white table cloths and beautiful silverware, and just as you sit down, the waiters bring over a selection of over 20 varieties of tea, from decaffeinated Earl Grey to more-exotic infusion teas for you to choose from. Served just as it should be in a teapot and poured into delicate teacups.

For eats, a lovely tiered cake stand in purple and white porcelain is laden with sweet and savoury treats. Fresh watermelon, pineapple and raspberries sit alluringly on the top tier, with two warm scones (accompanied by clotted cream and homemade jam) on the plate below.

Three different sandwiches are on offer too – Smoked salmon with dill and cornichon cream cheese on rye bread, Rare roast beef with horseradish and romaine lettuce on ciabatta, and deliciously-zinging mature cheddar and tomato, with a smattering of homemade fig chutney.

And it doesn't end there... a black box holds a treasure chest of yummy delights, including a triple chocolate brownie, melt-in-the-mouth truffles, shortbread and English fruit cake. Pour yourself another cup of tea and relax as the afternoon turns to evening and you can see the glimmering skyline of Dubai in the distance.

While Desert Palm is a fantastic venue for Afternoon Tea any day of the week, if you visit on a Thursday or Saturday you have the added thrill of watching a game of polo while you enjoy your tea and treats.



Rare at Desert Palm Dubai is a modern international grill with an emphasis on simple, healthy, fresh seafood and vegetarian options. as well as the some of the best cuts of meats. ***Win dinner for two (exluding alcohol) at Rare! See details on page 6!***

Salted peanut Florentines

For a grown-up treat, use salted peanuts and sea salt to bring out the flavour of the chocolate

Recipe LULU GRIMES Photographs DAVID MUNNS



Salted peanut Florentines

MAKES 25 ● 30 MINUTES + COOLING ● Easy

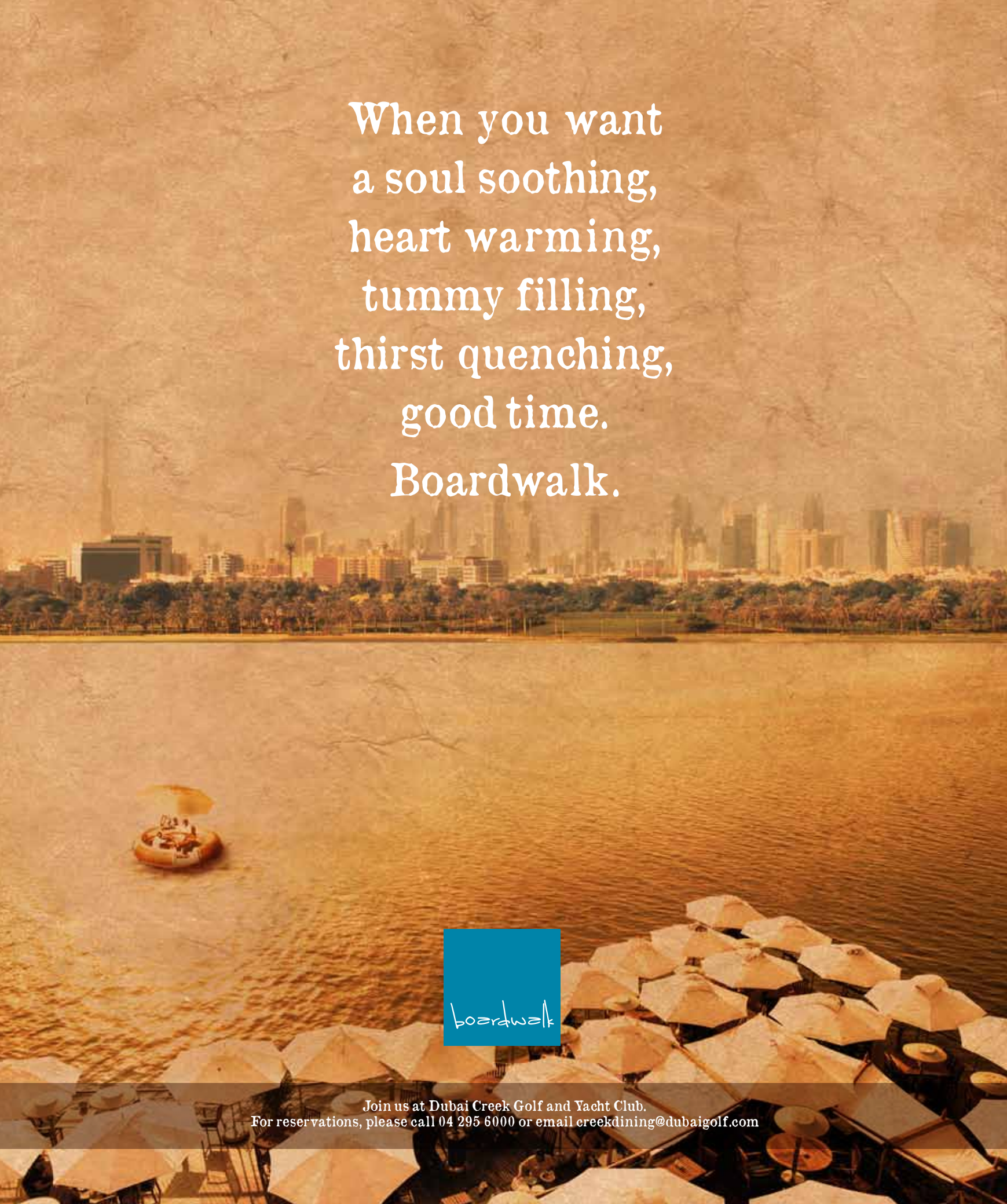
butter 75g
golden caster sugar 5 tbsp
golden syrup 3 tbsp
plain flour 3 tbsp
salted peanuts 200g, chopped
milk chocolate 150g
sea salt flakes for sprinkling

1 Heat the oven to 180C/fan 160C/gas 4. Line a large baking tray with baking paper. Heat the butter and sugar together in a pan until the sugar dissolves then stir in the syrup and heat until melted. Mix in the flour then add the nuts. Put teaspoonfuls of the mixture (widely spaced) onto the baking sheet and flatten each one slightly. It's easier to make these in batches rather than overcrowding them. Bake for 10 minutes. Cool completely on the paper before peeling off.

2 Melt the chocolate in a bowl over a pan of simmering water or in the microwave. Spread over the flat side of the Florentines and sprinkle with a few salt flakes while still wet. Leave to set.

PER SERVING 123 kcals, protein 2.6g, carbs 9.5g, fat 8.6g, sat fat 3.5g, fibre 0.6g, salt 0.28g.

STYLING CYNTHIA INIONS | FOOD STYLING LIZZIE HARRIS


When you want
a soul soothing,
heart warming,
tummy filling,
thirst quenching,
good time.
Boardwalk.
boardwalk
Join us at Dubai Creek Golf and Yacht Club.
For reservations, please call 04 295 6000 or email creekdining@dubaigolf.com



The new Miele Gallery accentuates the sense of detail, construction, and craftsmanship for which Miele is renowned



Sustainability is at heart of all Miele designs, and the gallery comes complete with a 'green' lounge



The gallery at Sama Tower was inaugurated by Managing Director and Co-owner of the company Dr. Markus Miele



Miele

FOREVER BETTER



A fully equipped, hands-on cooking station for private cooking classes, cooking demos, exhibitions and product launching





Explore Miele's 112 year journey at the new gallery's product history museum



Experience Miele Lifestyle – now in the Miele Gallery in Dubai

Miele, one of the world's leading companies, produces high-end home appliances for cooking, refrigeration, dishwashing, floor and laundry care. Its new, superb, multi-purpose gallery opened last month, and it includes an exclusive GCC launch of the Fire/Ice range

The new gallery is designed to showcase a wide range of stunning appliances on the lower floor, with the mezzanine level perfectly furnished to host a number of events from product launches and demonstrations, a fully equipped, four hands on, cooking station for which can be used for private cooking classes, fashion shows, art exhibitions, and training sessions to name but a few. The new gallery will allow the customers to experience the fascination of the Miele brand first hand. Various cooking sessions and related activities and events are scheduled to take place in the gallery.

Also on display is a product history museum consisting of some of the companies early innovations, which takes the visitors on a journey from the birth of Miele 112 years ago, and how the brand started and evolved over the years while maintaining the same founding motto of "Immer Besser" or "Forever Better".

"The new gallery's architecture and elements embody luxury, elegance and quality - three elements that represent the very essence of the brand in a full white setting accentuating the sense of detail, construction, and craftsmanship for which the brand is renowned, appealing to quality-conscious consumers in this multi-cultural city," said Gabi Koudsi, Managing Director for Miele in the GCC.

'Fire', a part of the brand new range of home appliances, appeals to lovers of exquisite design and those in pursuit of unique values. And, in this case, can be taken literally as the solid handles on these machines, together with the delivery unit on the coffee machine and the milk flask, have a high-gloss, gold-plate finish. In combination with titanium-style fascia panels and rear-printed bronze glass surfaces, this creates an ensemble which oozes a sense of value and immediately upgrades even the most exquisite of kitchens.

The characteristic trait of the cooler side of the series, 'Ice', is its contemporary appeal. With a material mix comprising aluminum, silver rear-printed glass and chrome, Miele appliances accentuate the cool, purist design of the kitchen. An embossed chromium logo on the appliance front underlines the aura of quality and value.

The gallery at Sama Tower was inaugurated by Managing Director and Co-owner of the company Dr. Markus Miele, the direct descendent of Carl Miele, a co-founder of the company in 1899, who had flown in direct from Germany especially for the launch.

"We are confident that UAE is the perfect place to present our appliances. That is why we opened a showroom in Bur Dubai as early as January 2005 which is being succeeded by the new Gallery in the Sama Tower along Sheikh Zayed Road. Our products and our company can be experienced first-hand in this new setting, and we are convinced that many will take this opportunity," said Dr. Markus Miele.

> *"The new gallery's architecture and elements embody luxury, elegance and quality - three elements that represent the very essence of the brand in a full white setting accentuating the sense of detail, construction, and craftsmanship"*

The harmonious design also features a walk-through floor plan that in essence offers a journey through Miele's luxury product range, starting with the revolutionary home control system from Miele @ Home, through to cooking, cooling, laundry and floor care appliances. Sustainability is at heart of all Miele design and therefore naturally the gallery comes complete with a 'green' lounge where clients can relax with the best coffee made from Miele's own high end luxury coffee machines.

"This new gallery now takes its place alongside fifty other marvelous Miele galleries in the cosmopolitan cities of Berlin, London, Milan, Paris and Singapore. The opening was attended by a host of top designers and architects enjoying canapés and drinks accompanied by live jazz, an illusionist. Stephane Buchholzer, Executive Chef at the five star Westin Hotel Dubai, was also on hand to demonstrate how Miele's latest range of innovative appliances could be used to produce a highly entertaining and extremely technical, not forgetting delicious, molecular cooking demonstration," said Koudsi.

"It is also a clear sign of our confidence in UAE and underscores our aspiration for future growth across the entire Gulf region. Indeed 2012 will be the launch of Miele in Saudi Arabia," concluded Koudsi.

The newly opened Miele Gallery is located on the Ground Floor of the Sama Tower, Sheikh Zayed Road, Dubai.
Call 800-MIELE (64353) or +9714 3418444 or email info@miele.ae for more information.



New Year's revolution... now!

With obesity and diabetes affecting so many in the UAE, *Suzanne Husseini* encourages us to make good food choices today. Don't wait until January 1 to make those much needed changes, be inspired to create healthy, delicious food now

There is no time like the present to adopt a healthier way of eating and entertaining. With the festive season fast approaching, food is on everyone's mind, and this is not only a great time to experiment with new dishes and ways to enjoy good food, but it is a great opportunity to replace bad eating habits with good ones.

We also need to model good eating behaviours in front of our children because they learn more by what they see than what you might say.

Do away with the chips and crisps and replace them with fibre-rich crispy whole wheat bread. Beans and lentils are amazing ingredients to make flavourful dips, so why not substitute these for heavy cream based ones. Thick labneh (yoghurt) is also a great foundation for dips; just add herbs and spices to create something creamy and delicious.

I love the vibrant flavours of the Middle East and the Mediterranean, and the core ingredients and cooking methods of this cuisine is deliciously healthy. It is the cuisine that has fruits, vegetables, legumes, herbs, and olive oil as its staples.

As the weather gets nicer in the coming months I love to fire up the barbecue and use the natural smoky flavours to liven up dishes rather than use oils and fats in excess. It's also a relaxed, casual style of cooking and entertaining. Grilling fruits and serving with yoghurt with a drizzle of honey or even melted chocolate is easy and a delicious treat to end any meal.

Kibbeh (meat and burghul croquettes) is a well known dish that can be grilled on the barbecue. Most people know it as fried and most certainly as part of a mezze spread at various Arabic restaurants, but it can also be grilled or baked too.

I have highlighted the baked version, which you will see to the right, which is a delightful, healthy snack that can be enjoyed cold the next day (that is if you have any leftover). A garden salad dressed with nothing more than lemon juice and a fruity olive oil is a great compliment to Kibbeh and many other barbecued meats.

Changing your cooking style is a great start to replacing unhealthy habits; grill, bake and broil instead of frying when possible.

On December 5, 6 and 7 at Mall of the Emirates, Dubai, Suzanne Husseini will be part of the Changing Diabetes Village that is being set up to highlight and educate people about diabetes and its causes and effects.

Suzanne will be conducting live cooking demos and sharing tips on making better, delicious food choices. Don't miss out on the demos that are taking place on Monday 5 December 2011 from 19.00 to 21.00, Tuesday December 6 (time to be confirmed) and Wednesday December 7 from 19.00 to 21.00. Everyone is welcome! ***Ahlan wa sahlan.***

EAT YOUR WAY TO GOOD HEALTH

The allure of packaged, processed foods is hard to resist but walk away. There is no love in that box. Care about what you eat because you are worth it. Choose to make a change now and savour the joy of eating and the way it will make you look and feel for the rest of your life.

The last 30 years in the Gulf and in particular the UAE has seen phenomenal wealth, but all these blessings have also brought on the ails of a modern post-industrial lifestyle. People drive everywhere, don't exercise and eat fast (junk) foods on a regular basis. Obesity was unheard of in this part of the world, but now it is a reality that has reached a crisis in our new generation. Children as young as 10 years of age are diagnosed with Type 2 diabetes as a result of inactivity and bad food choices.

With statistics like one out of every five people will be afflicted with diabetes (and so many with Type 2 Diabetes), the rate of the disease is one of the highest in the world. This is cause for concern and immediate action.

I say we need a New Years' revolution... now!



Photography PETRINA TINSLAY



Baked kibbeh

6–8 SERVINGS

FILLING

¼ cup olive oil
4 medium onions, diced fine
350 g minced lamb
1 tsp allspice
1 tsp cinnamon
½ cup toasted pine nuts
2 tbs sumac
1 tbs pomegranate syrup
salt and pepper
½ cup fresh pomegranate seeds

Kibbeh dough

1 ½ cups burghul, fine
1 cup hot water
1 medium onion grated
1 tsp cinnamon
1 tsp allspice
1 tsp marjoram
1 tsp cumin
salt and pepper
4 tbs olive oil
450 g lean lamb, from centre of leg

1 In a large skillet, heat the oil and sautée the onions until soft. Add the meat and toss until brown. Add the spices. Then add the pine nuts, sumac and pomegranate syrup. Lastly, stir in the fresh pomegranate seeds. Taste to adjust seasonings. Set aside to cool.
2 Preheat the oven to 180°C.
3 Place the burghul in a bowl and pour the hot water to just cover.
4 In a large pestle and mortar place the grated onion and all of the spices and mix well to make a paste. Add the spice mixture to the minced meat and knead by hand. Put the soaked burghul with its water and mix thoroughly to incorporate.
5 Brush a 30 cm shallow baking pan with olive oil. Take half of the kibbeh dough and pat down to make a smooth base. Spread the cooled filling on top. Use the rest of the kibbeh dough to cover the filling by flattening portions in your hands and placing them side by side. The result will be the filling sandwiched between a top and bottom layer of kibbeh dough. Dip your hand in water and smooth out the gaps. Using the back of a knife, make a pattern on the surface of the kibbeh. Brush the top with olive oil. Place in the preheated oven for 30 minutes. Serve hot or cold with fattouche salad and yoghurt on the side.



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Everyday recipes

- Eat well all week
- How to get your 5-a-day
- Gorgeous and gluten-free
- Simple lunches
- Deliciously low-fat



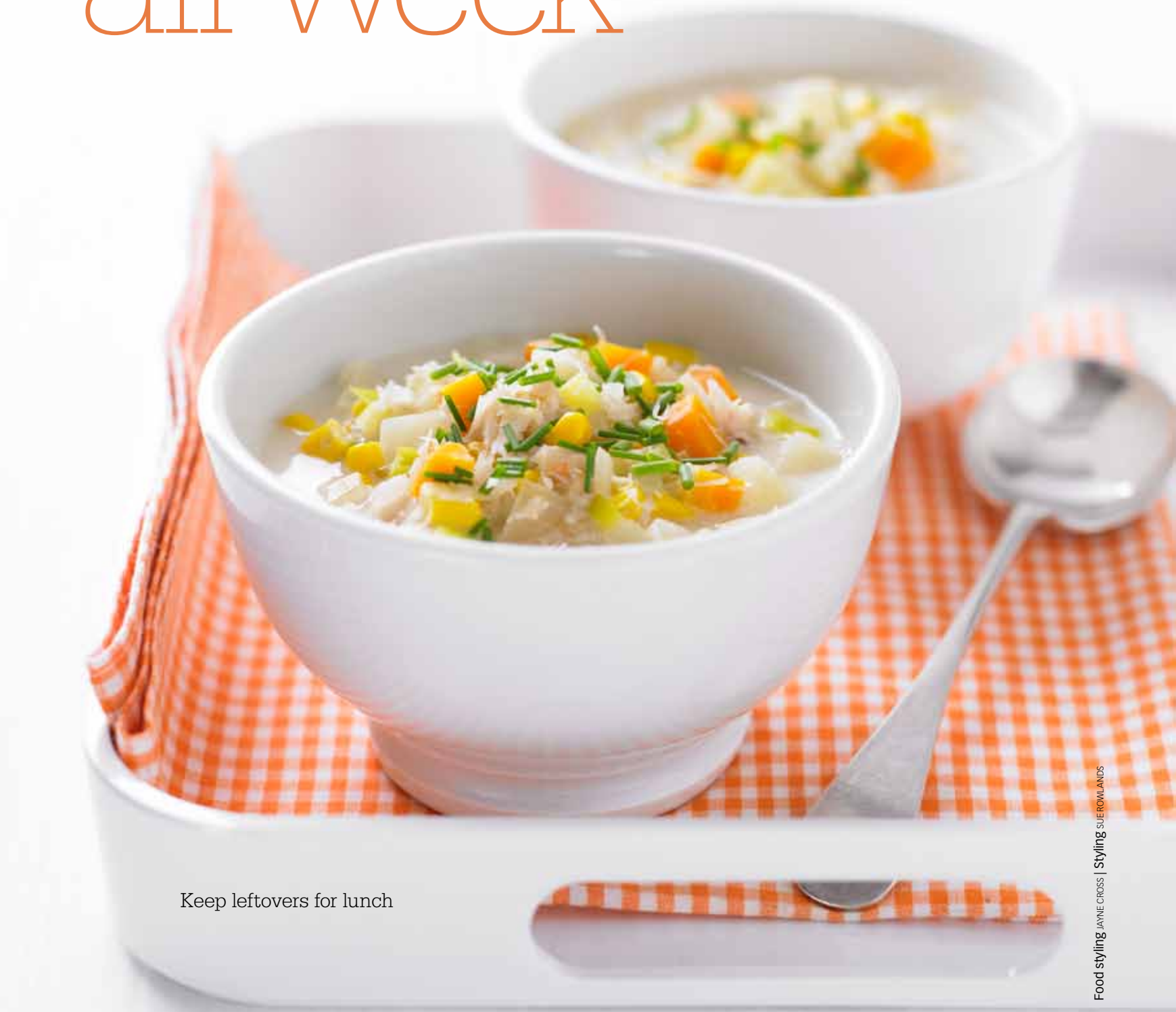




Eat well all week

Packed with flavour and so simple to cook, these feel-good recipes are just the thing for busy weeknights

Recipes LUCY NETHERTON Photographs DAVID MUNNS



Keep leftovers for lunch

Food styling JAYNE CROSS | Styling SUE ROWLANDS

MONEY WISE



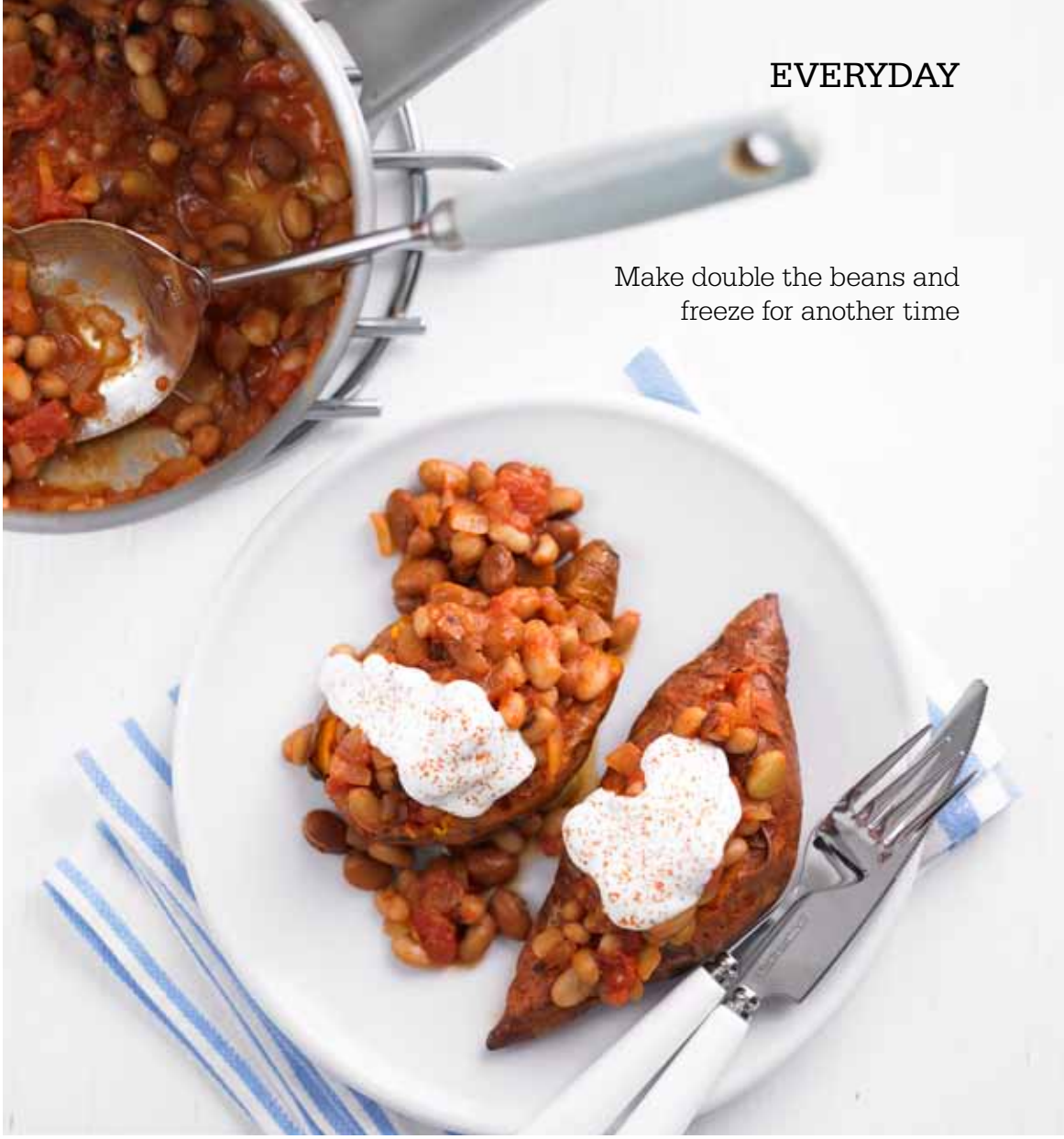
Crab & sweetcorn chowder

SERVES 4 ● PREP 5 mins ● COOK 30 mins Easy **Superhealthy**
Counts as 1 of 5-a-day, Low fat

1 onion, finely chopped
1 leek, green and white parts separated and sliced
2 carrots, chopped
850ml-1 litre/1½ pints-1¾ pints low-sodium chicken or vegetable stock
1 large potato, diced
175g/6oz frozen sweetcorn
170g can white crab meat, drained
4 tbsp light crème fraîche
1 tsp chopped chives

1 Put the onion, white part of the leek and carrots in a large pan and pour on a few tbsp of the stock. Cook over a medium heat for about 10 mins, stirring regularly until soft. Add a splash more stock if the vegetables start to stick.
2 Add the potato, green leek and most of the stock, and simmer for 10-15 mins, until the potato is tender. Tip in the sweetcorn and crab meat, then cook for a further 1-2 mins. Remove from the heat and stir in the crème fraîche and some seasoning. Add the rest of the stock if the soup is too thick. Sprinkle with the chives and serve with brown bread, if you like.

PER SERVING 191 kcals, protein 13g, carbs 25g, fat 5g, sat fat 2g, fibre 3g, sugar 7g, salt 0.68g



Make double the beans and freeze for another time

Baked sweet potatoes & beans

SERVES 2 ● PREP 10 mins ● COOK 25 mins Easy **Superhealthy** High in fibre, good source of iron, calcium, folic acid and vitamin C, counts as 5 of 5-a-day

4 small sweet potatoes
1 tbsp smoked paprika, plus extra to serve
1 tbsp olive oil
1 large onion, chopped
2 garlic cloves, crushed
1 tbsp brown sugar
1 tbsp red wine vinegar (optional)
splash of Worcestershire sauce
2 x 400g cans mixed beans in water, drained
400g can chopped tomatoes
4 tbsp light soured cream, to serve

1 Heat oven to 200C/180C fan/gas 6. Pierce the sweet potatoes a few times with a fork, then cook them in the microwave on High for 8 mins or until soft. Rub with 1 tsp of the paprika, 1 tsp of the oil and some seasoning. Transfer to a baking tray, put in the oven and cook for 10-15 mins until crispy.
2 Meanwhile, make the beans. Cook the onion in the remaining oil until soft. Add the garlic, sugar, vinegar, Worcestershire sauce and the remaining paprika, and cook for a further 1-2 mins until sticky. Tip in the beans, tomatoes and a splash of water, and simmer until the sweet potatoes are ready.
3 Serve the sweet potatoes with the beans on top, a dollop of soured cream and a pinch of paprika, if you like.

PER SERVING 724 kcals, protein 29g, carbs 138g, fat 10g, sat fat 1g, fibre 26g, sugar 43g, salt 0.70g

Thai spiced turkey patties with noodle salad

SERVES 4 ● PREP 15 mins ● COOK 10 mins Easy

Superhealthy Good source of vitamin C, counts as 1 of 5-a-day, Low fat

400g/14oz turkey breast or fillet, roughly chopped
1 lemongrass stalk, finely chopped
2 garlic cloves, crushed
zest and juice 1 lime
3 tbsp low-sodium soy sauce
small bunch coriander, chopped
1 red chilli, deseeded and chopped
2 nests medium wheat noodles
300g pack mixed pepper stir-fry vegetables
sweet chilli sauce, to serve (optional)

1 Heat the grill to Medium. Put the turkey in a food processor and pulse until minced. Add the lemongrass, garlic and lime zest, and half the soy sauce, coriander and chilli, then pulse again until combined. Tip the mix into a bowl and add some black pepper. Shape into 8 patties, then transfer to a non-stick baking tray and grill for 3-4 mins each side, until cooked through.
2 Meanwhile, soak the noodles following pack instructions, then drain and add the vegetables, the remaining soy sauce and the lime juice. Toss well, divide between plates and sprinkle with the remaining coriander and chilli. Serve with the turkey patties and some sweet chilli sauce for dipping, if you like.

PER SERVING 173 kcals, protein 27g, carbs 14g, fat 2g, sat fat none, fibre 2g, sugar 5g, salt 1.48g



Thai with a twist

La Tourangelle super salad



Perfect for a relaxed family meal, this super-healthy salad is tasty too. Drizzle La Tourangelle Hazelnut Oil onto the salad to really bring out the flavour of the salmon

Warm salmon salad

SERVES 2 ● PREP 10 mins ● COOK 15 mins Easy Heart healthy, high in fibre, counts as 5 of 5-a-day

2 large potatoes, cut into chunks, skin left on
200g/8oz frozen peas
2 rashers lean turkey bacon
2 x 150g salmon fillets, skinned
250g pack beetroot (not in vinegar)
90g bag watercress
bunch spring onions, sliced
FOR THE DRESSING:
1 tbsp olive oil
squeeze lemon juice
1 tsp Dijon mustard

1 Boil the potatoes for 15 mins until tender. Add the peas to the pan for the final 2 mins cooking, then drain together. Slice the potatoes thickly, then leave to cool.

2 Meanwhile, fry the bacon in a non-stick pan for 5 mins until golden. Lift out, season the salmon, then fry for 3 mins on each side until golden and just cooked in the middle. You won't need extra oil to cook the fish.

3 Whisk the dressing ingredients together with seasoning and 1 tbsp water. Toss the veg together with the dressing and put onto plates, then break the salmon into big pieces and nestle into the salad with the bacon.

PER SERVING (including smoothie) 838 kcalories, protein 50g, carbohydrate 109g, fat 26g, saturated fat 5g, fibre 16g, sugar 67g, salt 1.44g



Packed with veg

Roasted vegetable & feta tostada

SERVES 2 ● PREP 15 mins ● COOK 15 mins Easy
Superhealthy High in fibre, good source of folic acid and vitamin C, counts as 3 of 5-a-day

325g pack frozen grilled vegetables
1 tsp Mexican seasoning
1 small avocado, peeled, stoned and chopped
juice 1 lime
75g/2½oz cherry tomatoes, halved
2 small flour tortillas
2 handfuls rocket
2 tbsp light feta cheese, crumbled

1 Heat oven to 200C/180C fan/gas 6. In a roasting tin, season the frozen vegetables and toss with the Mexican seasoning, then roast in the oven for 15 mins, until hot. Meanwhile, mix the avocado, lime juice and tomatoes with some seasoning, then set aside.

2 Put the tortillas on a baking sheet and cook above the vegetables for the final 5 mins of cooking time until crisp. Transfer the crispy tortillas to plates, scatter with rocket and top with the roasted vegetables. Add some of the avocado salsa and sprinkle over the feta.

PER SERVING 443 kcals, protein 12g, carbs 48g, fat 24g, sat fat 4g, fibre 10g, sugar 11g, salt 1.20g



Your picnic sorted!

Pack up these delicious recipes and a carton or two of Lacnor's Healthy Living juices for a perfect family picnic



100% NATURAL, 100% TASTY!

Lacnor Healthy Living is a range of juices that is 100% natural juice, with no added sugar! It has been developed to be your great tasting healthy habit, making it easy for you to do some good to your health. Every glass is equal to one fruit portion, that's one of your 5 a day!

No preservatives, artificial flavors, colours or sugar, the Lacnor Healthy Living range is the easiest way to achieve your five a day and is available in a range of exotic flavours to tantalise your taste buds! Pack Lacnor Healthy Living juice for your picnic, to keep your family healthy and hydrated.

Satay chicken pieces

SERVES 6 ● PREP 10 mins plus marinating ● COOK 1 hr Easy

6 skinless chicken drumsticks and 6 skinless chicken thighs
zest and juice 1 lime
2 lemongrass, very roughly chopped
2 thumb-size chunks ginger, very roughly chopped
3 garlic cloves
2 tbsp peanut butter, crunchy or smooth
½ tsp each turmeric and ground cumin
160ml can coconut cream
20g pack coriander, plus extra to serve, if you like
a little oil, for greasing
sweet chilli sauce or mango chutney, to serve

1 Slash several deep cuts into each drumstick and thigh, then put into a large, non-metallic container. Put the lime zest and juice, lemongrass, ginger, garlic, peanut butter, spices, coconut cream and 1 tsp salt into a food processor, then whizz until it's as smooth as you can get it. Roughly chop the coriander leaves and finely chop the stalks, then add to the mix. Pour the marinade over the chicken, massage it into the meat with your hands, then leave to chill for at least 2 hrs, or up to 24 hrs if you have time.

2 Heat oven to 190C/170C fan/gas 5. Line 1-2 large baking trays with foil and grease with a little oil. Spread out the chicken over the trays, skin-side up, and roast for 1 hr, or until the chicken is cooked through and the coating golden and slightly charred in places. Cool, then chill well and pack in a container, ready to transport. Scatter with a few more coriander leaves to serve, if you like.

PER SERVING 302 kcals, protein 34g, carbs 3g, fat 17g, sat fat 10g, fibre none, sugar 2g, salt 0.4g

Photographs MYLES NEW | Food styling JANE HORNBY | Styling LIZ BELTON



SERVE WITH...

Pack a few apples, thickly sliced ham, pickles and chutney for a portable ploughman's.

LACNOR COOLER...

Make a yummy alfresco cooler to take with you on your picnic. Simply blend Lacnor Pomegranate juice, lemons, limes, any chopped fruit of your liking, club soda and ice cubes.

Ploughman's cheese & tomato pockets

MAKES 6 ● PREP 15 mins plus rising ● COOK 25 mins Moderately easy V

300ml/½pt semi-skimmed milk
25g/1oz butter
500g/1lb 2oz strong granary flour, plus extra for rolling
7g sachet fast-action yeast
a little oil, for the bowl
2 tbsp wholegrain mustard
200g/7oz strong cheese, such as extra-mature cheddar, grated
225g/8oz cherry tomatoes, halved

1 Put the milk and butter into a small pan and gently warm until the butter melts. Set aside for 5 mins or until the milk feels just warm to the touch. Meanwhile, mix the flour, yeast and 1 tsp salt together.
2 Mix the wet ingredient into the dry, then set aside for 10 mins to let the liquid act on the flour – this will prevent you having to knead it for a long time later on. After 10 mins, turn the dough onto a floured surface and briefly knead until springy and smooth. Put into an oiled bowl, cover with oiled cling film and leave to rise for 40 mins or until doubled in size.
3 On a floured surface, roll out the dough to a rectangle about 40cm wide x 30cm tall. Spread the mustard all over the dough, then evenly scatter with two-thirds of the cheese. Fold the top third of the dough down, then the bottom third up, to make a sort of long, thin envelope. Cover with a tea towel and leave to rise for another 30 mins or until pillowy.
4 Heat oven to 200C/180C fan/gas 6. Trim the ends, then cut the dough into 6 equal slices. Lift onto a floured baking sheet, cut sides down. Tuck the bottom edges under a little, so that the filling won't escape underneath and the top opens up like a purse. Push the tomatoes and the rest of the cheese into the tops, then bake for 25 mins or until dark golden brown and the cheese is bubbling. Cool. *Will keep in an airtight container for 2 days.*

PER SERVING 479 kcals, protein 24g, carbs 57g, fat 19g, sat fat 10g, fibre 5g, sugar 6g, salt 1.78g

PERFECT FOR PICNICS - Lacnor Healthy Living range

Available in 1l and 250ml Juice packs in Grapefruit, Pomegranate, Green Apple, Mango and Red Orange. Tomato is available in a 1l pack.



How to get your 5-a-day

Finding it a struggle to eat five servings of fruit and veg a day? Nutritionist *Kerry Torrens* reminds us why reaching this goal is such a boost to our health



We're all familiar with the 5-a-day message, yet the majority of us still fail to reach the target – on average in the UAE we eat between two and three servings a day. However, the latest research reveals compelling health benefits. Not only is every extra portion of fruit and veg beneficial, but if you manage eight servings a day you can reduce the risk of heart disease by as much as 22%.

Get the balance right

All fruit and vegetables are valuable sources of vitamins, minerals and fibre, which can help you maintain a healthy weight and reduce your risk of heart disease, stroke and some cancers. You need variety – five apples a day isn't the answer! Also, try to eat more veg rather than fruit, because fruit can be high in sugars.

Children also need 5-a-day, but the serving size will vary depending on their age, size and activity levels. A simple guide is one child's portion should be roughly the amount they can fit in the palm of their hand. An adult serving size according to UK guidelines is 80g, roughly a medium-sized piece of fruit, a large carrot or three heaped tablespoons of peas.

What counts, what doesn't

- Most **fresh**, **frozen**, **dried** and **canned fruit** and **vegetables** count, whether eaten **raw** or **cooked**.
- **Root veg** such as **parsnips**, **beetroot**, **carrots** and **sweet potatoes** all count.
- **Potatoes**, **yams** and **plaintain** don't, as they have a different role in our diet. Traditionally we eat them in place of starchy foods, such as rice or pasta, which is why they're not included in the Department of Health guidelines.
- **Beans** and **pulses** count as one of your 5-a-day, no matter how much you eat in the day. This is because they don't contain the mix of vitamins, minerals and other nutrients that other fruit and veg provide. (Canned versions may also have added salt or sugar.)
- A glass (150ml) of **unsweetened 100% juice** counts as one of your 5-a-day. Drinking more juice doesn't add any more servings because it doesn't supply the fibre you get from eating whole fruit or veg.
- **Smoothies** count as one or two servings, as long as they contain the **fruit pulp** or **fibre**.

Your best 5 for...



Extra energy

1 **Lentils** Add to a lunchtime salad or evening casserole
2 **Sweet potato** and **baked beans** A combination of steady energy, supplying two of your 5-a-day
3 **Dried apricots** Packed with energising iron
4 **Red grapes** The perfect pick-me-up
5 **Canned pears** (in unsweetened juice) A delicious source of natural sugars

A healthy heart

1 **Avocado** Provides potassium to keep blood pressure stable
2 **Curly kale** A rich source of heart-friendly folate
3 **Beetroot** Natural source of betaine, which improves blood flow; great in a winter salad
4 **Edamame** (**soya**) **beans** Good source of soluble fibre to help lower cholesterol
5 **Blueberries** A serving a week is thought to help reduce the risk of high blood pressure



Strong bones

1 **Blackberries** Rich in flavonoids, which help increase bone density
2 **Radishes** A source of bone-building calcium, phosphorus and potassium
3 **Spinach** Dark-green veg provides bone-friendly minerals and vitamin K
4 **Broccoli** A good source of calcium
5 **Prunes** Promote your body's ability to build bone



Pack more fruit and veg into home-cooked meals

- Fold **fresh spinach leaves** through pasta or risotto just before serving.
- Serve a **bean** and **herb mash** with fish or meat.
- Replace spaghetti with **thinly cut courgette ribbons** and serve with Bolognese sauce.
- Add 1 medium **grated carrot** to pie fillings.
- Serve a **salad** or crunchy **winter slaw** with each main meal.

Simple swaps

Breakfast Swap bread soldiers with your boiled egg for celery sticks.
Mid-morning Swap crisps for dried apple rings.
Quick lunch Swap cheese for sautéed mushrooms or canned plum tomatoes on toast.
Dinner Swap potato topping on cottage or shepherd's pie with a sweet potato mash.
Dessert Swap your bowl of ice cream for banana ice (freeze a banana whole, peel, scoop out flesh and enjoy).



Photographs PHOTOLIBRARY, YUKI SUGIURA, SIMON WALTON, PHILIP WEBB

Walk the Talk!

The new buzzing centre of Dubai is JBR and The Walk - a coastal strip of new outlets and options. At the heart of it is The Mövenpick Hotel Jumeirah Beach with three different food beverage outlets



WIN! WIN! WIN!

Here's a chance to win a Friday brunch package for four, inclusive of the AED 299 beverage package To enter, just visit www.bbcgoodfoodme.com and follow the link to Competitions.

Of these, the word on the street - the talk of The Walk - is The Talk Restaurant & Lounge, a concept outlet which offers international cuisine, daily themed nights and entertainment, as well as an à la carte sushi bar which is complemented by contemporary poolside and cabana lounging. Combining fresh sushi, Arabic dishes, a rotisseries grill, tandoori and pizzas ovens as well as live pasta stations and a fully stocked bar with classic beverages and premium wines, The Talk is rapidly becoming Dubai's trendiest food emporium, all against the background of smooth music and a mellow vibe.

Every Friday, the mood cranks up a notch with the special Jazz & Bubbles Friday Brunch, mixing cool jazz and great food. A special dedicated area will keep any kids occupied while the adults get down to the serious business of enjoyment, against a Friday mix from Harry Austin.

Check out the live stations for fresh sushi or grilled meats. Enjoy tandoori dishes straight from the oven and pick your favourite pizzas and pastas.

For cheese lovers, the walk-in wine cellar is pure heaven - the widest spread of cheeses to sample befoere the delights of the desserts and pastries!

And the price? Just: AED 199 for full brunch buffet including soft beverages. AED 299 for full brunch buffet including selected beverages. AED 399 for full brunch buffet and unlimited pour of Gremillet champagne. AED 499 for full brunch buffet, selected beverages and unlimited pour of Moët & Chandon champagne. AED 555 full brunch buffet, selected beverages and unlimited pour of Veuve Clicquot champagne. Under 12s dine for free!

Make space in your weekend for the Jazz & Bubbles Friday Brunch - the perfect way to shift gears from one week to the next in a neat jazzy way. Every Friday from 12.30pm till 4pm.

the TALK





Bursting with zest!

Jane Hornby's irresistibly zesty lemon drizzle cake has a secret ingredient – mashed potato

Delicious, plus it's gluten-free



Gluten-free lemon drizzle cake

SERVES 8-10 ● PREP 30 mins inc cooking potatoes ● COOK 40 mins

Easy

(without drizzle)

Aged about ten, I clipped a recipe from a magazine and got baking in my Nan's kitchen, as would often happen of an afternoon. But this was no ordinary cake – it was cake made with mash, and terribly exotic. To everyone's amazement it was delicious, the crystalline crust giving way to a tender, yet dense sponge, similar (not that I knew it then), to a citrus-soaked almond cake from the Middle East.

200g/8oz butter, softened
200g/8oz golden caster sugar
4 eggs
175g/6oz ground almonds
250g/9oz mashed potatoes
zest 3 lemons
2 tsp gluten-free baking powder (Supercook does one)
For the drizzle
4 tbsp granulated sugar
juice 1 lemon

1 Heat oven to 180C/fan 160C/gas 4. Butter and line a deep, 20cm round cake tin. Beat the sugar and butter together until light and fluffy, then gradually add the egg, beating after each addition. Fold in the almonds, cold mashed potato, lemon zest and baking powder.

2 Tip into the tin, level the top, then bake for 40-45 mins or until golden and a skewer inserted into the middle of the cake comes out clean. Turn out onto a wire rack after 10 mins cooling. Mix the granulated sugar and the lemon juice together, then spoon over the top of the cake, letting it drip down the sides. Let the cake cool completely before slicing.

PER SERVING 514 kcalories, protein 9g, carbohydrate 41g, fat 36g, saturated fat 15g, fibre 2g, sugar 35g, salt 0.88g

TIPS

- If you have one, use a potato ricer to mash your potatoes; it will give a fantastically light and fine texture.
- If you'd like to make this nut-free, as well as wheat-free, switch the ground almonds for polenta or wheat-free flour.

Recipes ADAM RUSSELL | **Photographs** WILL HEAP | **Food styling** ROSIE REYNOLDS | **Styling** TONIA SHUTTLEWORTH





From my gluten-free kitchen

We find out more about celiac disease and gluten intolerance from Areej Jomaa, the founder and master baker from A Sweet Connection, company that produced gluten-free products, safe for people with celiac disease

What is the difference between someone with celiac disease and someone who is gluten intolerant?

A person with celiac will experience different and more severe symptoms than a person who has the gluten allergy. Celiac disease is a disease of mal-absorption. It's an auto-immune disease, where the body has a severe reaction to gluten, a protein found in many grains, such as barley, wheat, rye and possibly oats. This protein causes damage to the small intestine and reduces absorption of many vitamins, minerals and parts of food that are important for staying healthy. A person with celiac disease is limited to fewer food options than those with gluten intolerance.

What are some of the symptoms of gluten intolerance?

Many people suffer from headaches, mouth ulcers, weight gain or weight loss, poor immunity to disease and skin problems like dermatitis and eczema. But, the common and well-known gluten intolerance symptoms are gastro-intestinal (flatulence, bloating and diarrhea).

What are some of the health benefits of a gluten-free diet?

By eating a gluten-free diet, we are actually eliminating a variety of foods from our diet that are unhealthy, like fried foods because of the breading. Many processed foods, which are readily available for purchase in supermarkets today, contain a lot of gluten, which is essentially unhealthy. We also eliminate unhealthy carbohydrates found in bread products like doughnuts and pastries. Eating a gluten-free diet will help reduce our risk of heart disease, certain cancers, and other health-related conditions, like diabetes. A gluten-free diet can improve cholesterol levels, promote digestive health and increase energy levels.

What are the main foods to avoid?

Foods with wheat, rye or barley in the ingredients list, or if the packaging indicates the food has been manufactured in the presence of wheat, gluten, or gluten-containing ingredients. Some celiac patients also need to avoid oats.

Where do you shop for your gluten-free products in the UAE?

I shop at Carrefour, Geant (which has a big selection of gluten free products), Spinneys, Organic Foods & Cafe and Park and Shop.

You can purchase gluten-free baked goods from A Sweet Connection every Saturday at the Ripe Market, Garden Centre Dubai.



NUSAYBAH ABU HADID and her mother
Enjoys diabetes camp
Nusaybah has type 1 diabetes

BBC GoodFood MIDDLE EAST
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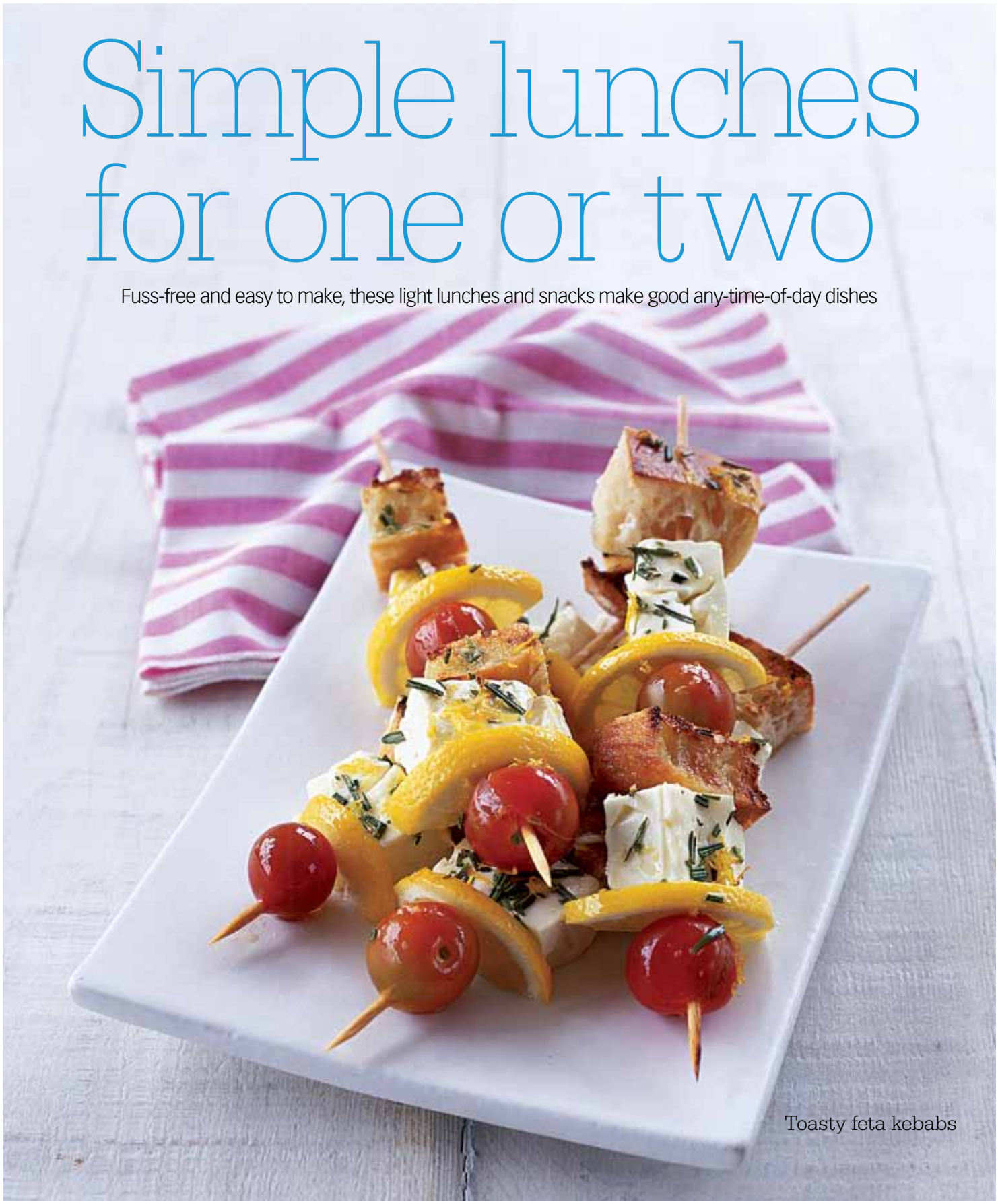
- blood sugar tests
- healthy cooking by Suzanne Husseini
- football show with players from the UAE national team
- Kinect sports games
- dance activities

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Simple lunches for one or two

Fuss-free and easy to make, these light lunches and snacks make good any-time-of-day dishes



Toasty feta kebabs

Toasty feta kebabs

SERVES 2 ● PREP 10 mins ● COOK 5 mins
Easy

1 lemon, halved lengthways
½ French stick, cut into bite-sized chunks
200g pack reduced-fat feta cheese, cut into 8 chunks
8 cherry tomatoes
2 rosemary sprigs, chopped
1 tbsp olive oil

1 Heat grill to high. Zest one lemon half and cut into wedges; slice the other half. Thread a piece of the bread onto a wooden skewer, then a piece of feta, a lemon slice and a cherry tomato. Repeat, then finish with a tomato. Do this on three more skewers, then place kebabs on to a baking tray.
2 Sprinkle over the lemon zest and rosemary sprigs, then drizzle over the oil. Grill kebabs for 1-2 mins on each side, then serve with the lemon wedges.
PER SERVING 732 kcals, protein 26g, carbs 61g, fat 45g, sat fat 16g, fibre 3g, sugar 8g, salt 5.25g

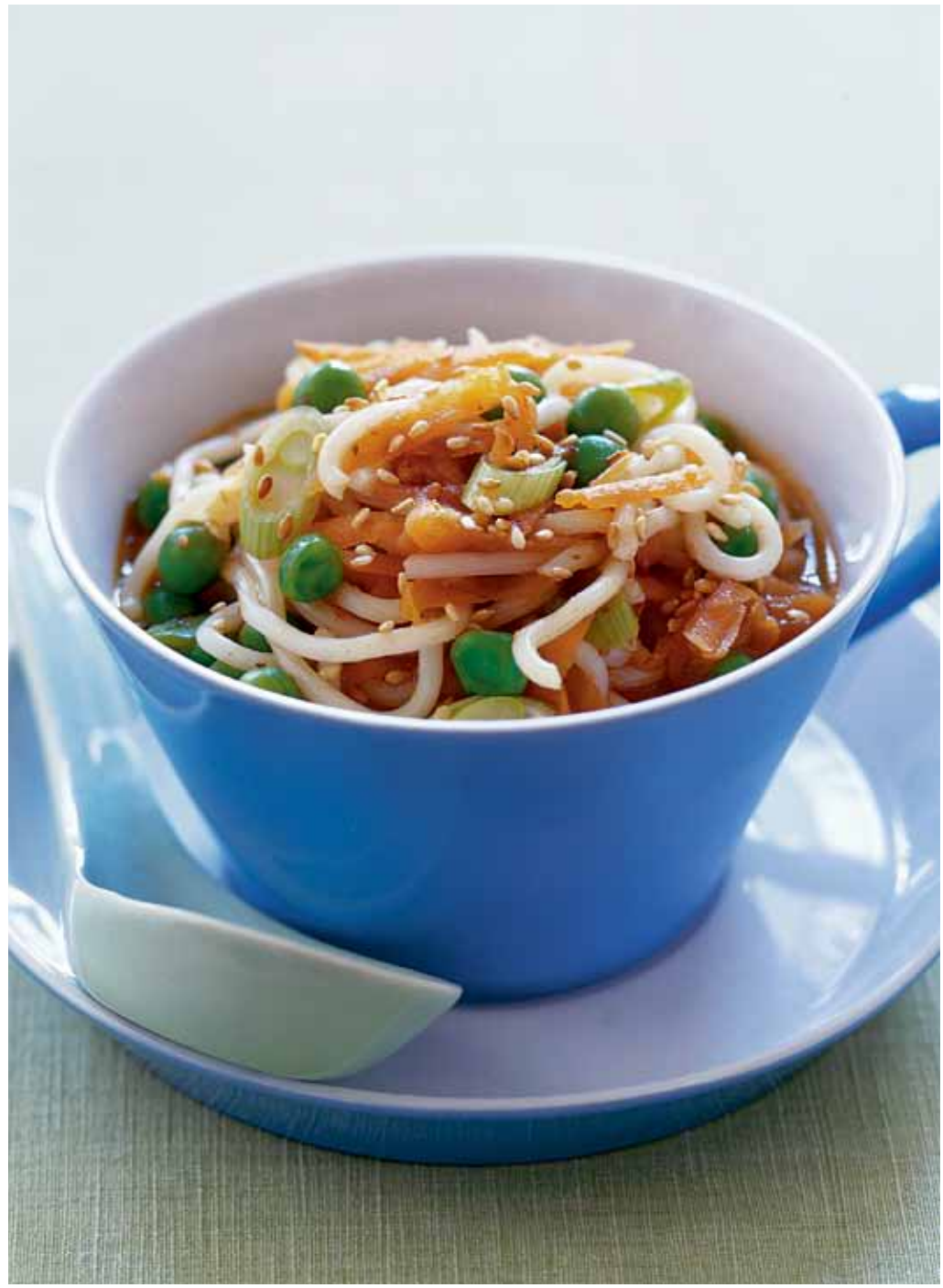
Salsa soup



SERVES 2 ● PREP 10 mins ● NO COOK Easy Low fat

5 ripe tomatoes, about 300g, chopped into large chunks
1 small red onion, chopped
1 garlic clove, chopped
½ tsp sugar
juice 1 lime
handful coriander, stalks and leaves, chopped
tortilla chips, to serve

Tip all the ingredients into a blender or food processor with a generous grinding of pepper and salt, if you like. Pulse until you get a chunky, frothy soup. Serve straight away with tortilla chips on the side or chill until needed.
PER SERVING 74 kcals, protein 2g, carbs 9g, fat 4g, sat fat 1g, fibre 2g, sugar 8g, salt 0.42g

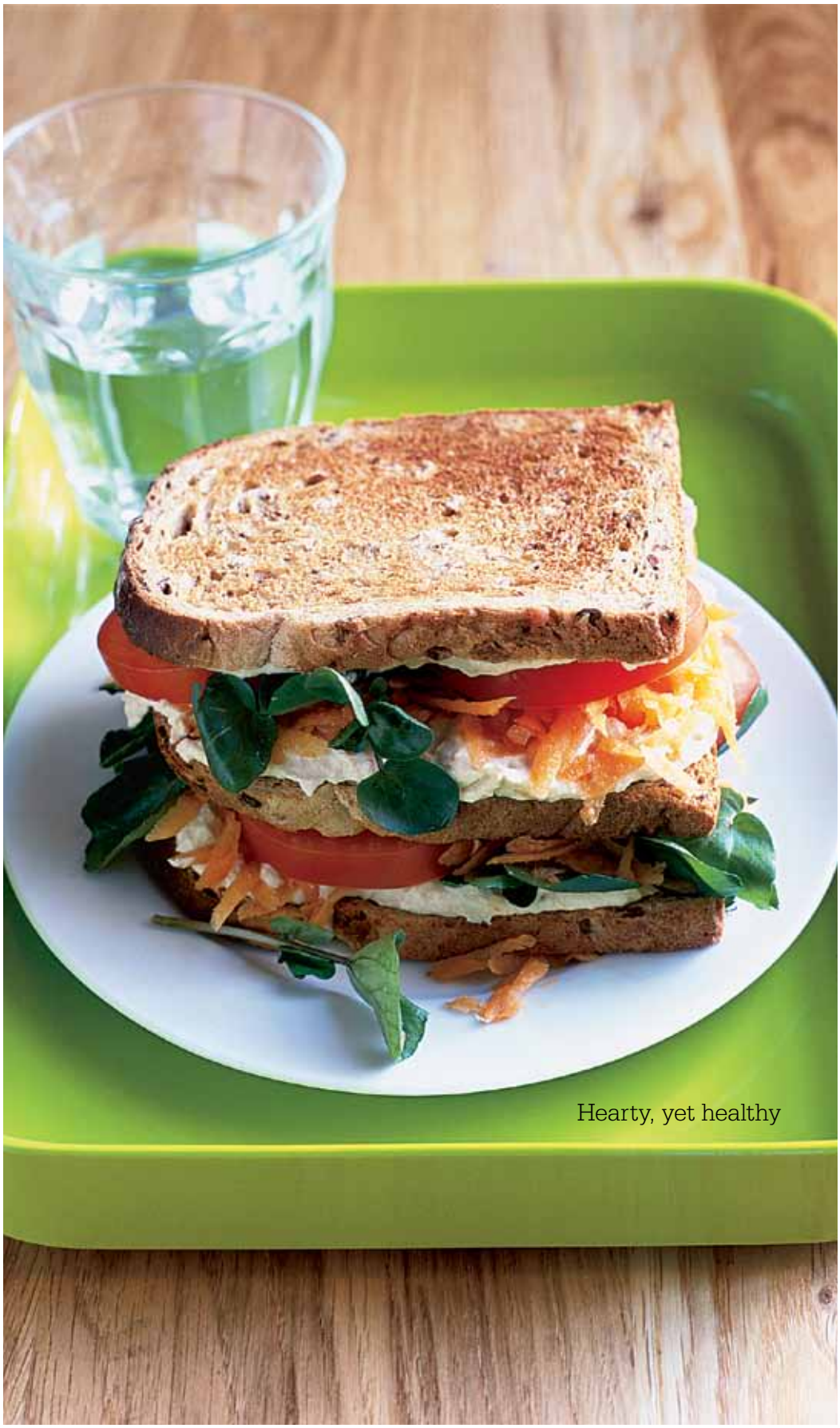


Proper spicy pot noodle

SERVES 1 ● PREP 5 mins ● COOK 5 mins Easy Low fat

2 tsp Thai curry paste
3 spring onions, chopped
1 large carrot, grated
large mugful hot vegetable stock
handful frozen peas
150g sachet straight-to-wok noodles
sesame seeds, to sprinkle

1 Fry the curry paste in a pan over a medium heat for 2 mins. Stir in the spring onions and carrot, then cook for 1 min. Pour in the stock and peas. Bring to the boil, then simmer for 2 mins until the carrot is just cooked.
2 Stir in the noodles and heat through. Ladle into a mug or a bowl and scatter with sesame seeds. Serve straight away.
PER SERVING 366 kcals, protein 13g, carbs 61g, fat 9g, sat fat 1g, fibre 9g, sugar 14g, salt 2.85g



Club sandwich

SERVES 1 ● PREP 10 mins ● NO COOK
Easy Low fat

3 slices granary bread
1 large handful watercress
1 carrot, peeled and coarsely grated
small squeeze lemon juice
1 tbsp olive oil
2 dessertspoons reduced-fat houmous
2 tomatoes, thickly sliced

Toast the bread. Meanwhile mix the watercress, carrot, lemon juice and olive oil together. Spread the houmous over each slice of toast. Top 1 slice with the watercress and carrot salad, sandwich with another slice of toast and top with the tomato. Lay the final slice of bread, houmous side down, then press down and eat as is or cut the sandwich into quarters.

PER SERVING 299 kcals, protein 11g, carbs 50g, fat 7g, sat fat 1g, fibre 7g, sugar 15g, salt 1.50g

OFF THE SHELF - *stylishly hydrated*

Drinking water and other healthy liquids is important for keeping concentration and energy levels up. Here are some fun ways to drink up



Pretty in pink
Evian's limited edition 2012 bottle, designed by Courreges is now available from Boutique 1, UAE. Keep filling up the bottle from the water cooler at work, to keep your fluid levels up while sitting at your desk.



Fresh and fruity
Perfect for alfresco entertaining, just throw a few pieces of lemon or strawberry into your water to flavour it naturally. Carafes available from Tavola, UAE.

One of your 5-a-day
This 100% pomegranate juice from Lacnor is packed with antioxidants and counts as one of your 5-a-day.



Leek & cheese muffins

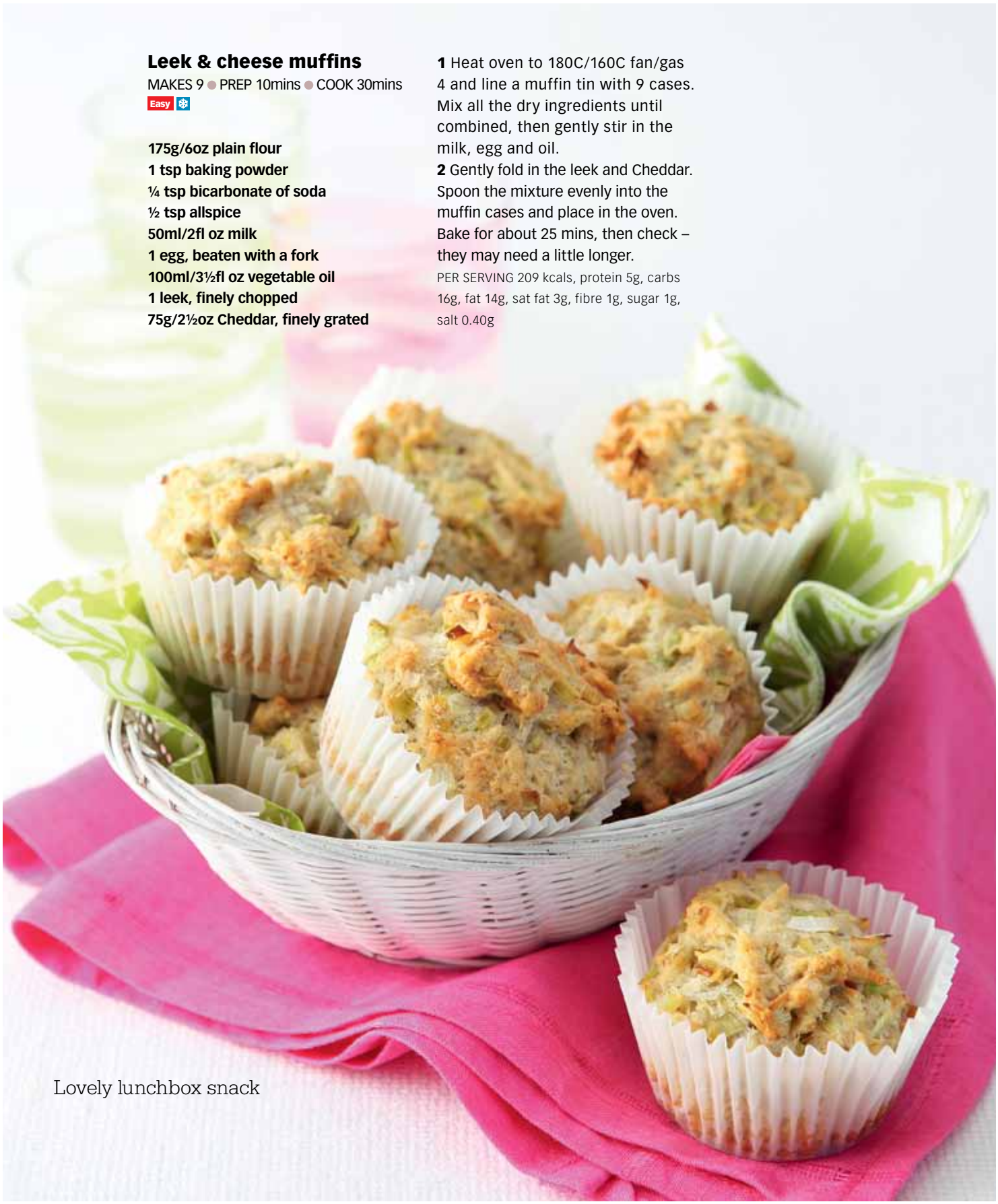
MAKES 9 ● PREP 10mins ● COOK 30mins

Easy

175g/6oz plain flour
1 tsp baking powder
¼ tsp bicarbonate of soda
½ tsp allspice
50ml/2fl oz milk
1 egg, beaten with a fork
100ml/3½fl oz vegetable oil
1 leek, finely chopped
75g/2½oz Cheddar, finely grated

1 Heat oven to 180C/160C fan/gas 4 and line a muffin tin with 9 cases. Mix all the dry ingredients until combined, then gently stir in the milk, egg and oil.
2 Gently fold in the leek and Cheddar. Spoon the mixture evenly into the muffin cases and place in the oven. Bake for about 25 mins, then check – they may need a little longer.

PER SERVING 209 kcals, protein 5g, carbs 16g, fat 14g, sat fat 3g, fibre 1g, sugar 1g, salt 0.40g



Lovely lunchbox snack

Say no to salt

You don't have to settle for bland food just because you're cutting down on salt. Barney Desmazery's salmon dish is packed with zingy flavour

We all need to consume some salt, as it helps keep the fluids in our body well balanced, and our nerves and muscles working, but most of us eat too much, writes our nutrition expert, Kerry Torrens. The risks associated with high salt consumption include heart disease, stroke, osteoporosis and kidney disease. You may be sparing with the salt on your table, but remember that three-quarters of the salt we eat is found in processed foods like breakfast cereals, bread, biscuits, processed meats and ready meals.

That's why it's important to check labels when you shop. You can also make a difference by controlling the amount of salt you use in your cooking.

Cut back gradually

The current UK guidelines advise eating no more than 6g of salt a day. However, the average daily consumption is 8.6g – about 1½ teaspoons. If you cut your salt intake to half a teaspoon a day (3g) you could reduce your risk of stroke by nearly a quarter, and by 2025 UK guidelines will drop to this amount. (Children under the age of 11 should eat less, and babies under 1g).

To balance the effect of salt on blood pressure, include potassium-rich foods like banana, figs, avocado, spinach, celery and sweet potato in your diet. You don't need to throw the salt cellar out overnight, just cut back gradually so that your tastebuds become more sensitive to less salt, and over time you won't notice the difference.

What's the alternative?

If you habitually add salt to food, avoid the temptation. Remove salt from the table and don't add to the cooking water when boiling veg and pasta. We've added flavour in our salmon recipe by seasoning with lime juice and spices, and serving with a fresh herb salsa. Alternatively, use sea vegetables like nori or wakame flakes, which work particularly well in Asian dishes. If a recipe requires a stock, make your own or use reduced-salt options.

NEW WAYS TO PACK IN FLAVOUR

Cajun spiced salmon

SERVES 2 ● PREP 20 MINS COOK 5 MINS Easy

2 salmon fillets, about 140g/5oz each
juice 1 lime
pinch chilli powder
½ tsp ground cumin
½ tsp smoked paprika
½ tsp ground coriander
pinch of soft brown sugar
drizzle of sunflower oil
steamed rice, to serve
FOR THE SALSA
1 ripe avocado, peeled and diced
handful cherry tomatoes, quartered
2 spring onions, sliced
juice 1 lime
splash of olive oil
bunch coriander, half roughly chopped, half picked into sprigs

1 Put the salmon in a bowl, pour over the lime juice and leave the salmon to 'cure' for 5 mins. Meanwhile, mix all the spices together with the sugar. Lift the salmon out of the lime juice and roll in the spices so it's completely coated.

2 Heat grill to high. Grease a baking tray, then sit the salmon, flesh-side up, on the tray. Grill for 5 mins, until the salmon is cooked through and the edges are starting to blacken. While the salmon is cooking, gently mix all the salsa ingredients together with the roughly chopped coriander. When the fish is cooked, serve with the salsa, some rice and the coriander sprigs.

PER SERVING 463 kcals, protein 31g, carbs 5g, fat 36g, sat fat 7g, fibre 3g, sugar 3g, salt 0.21g

CHECK THE LABEL

Salt is usually shown per 100g, and sometimes you'll see sodium listed rather than salt. Multiply the sodium figure by 2.5 for the equivalent salt value.

- **High salt** per 100g is 0.6g sodium or 1.5g of salt or more.
- **Low salt** per 100g is 0.1g sodium or 0.3g salt.



Zesty dish with a hit of spice

Photograph LIS PARSONS | Food styling SARA BUENFELD | Styling JO HARRIS

THE ESSENTIAL MIX

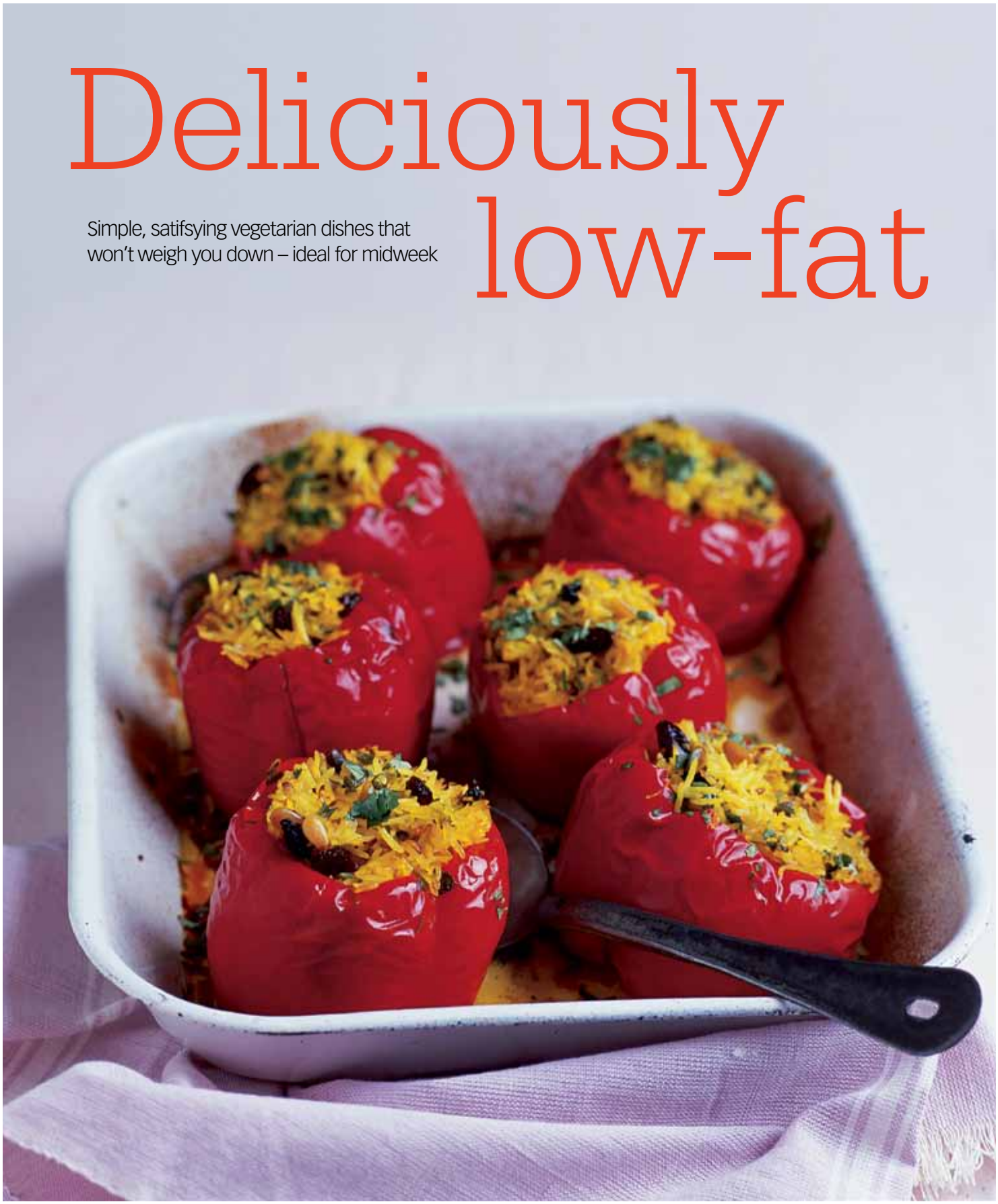


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Deliciously low-fat

Simple, satifsying vegetarian dishes that won't weigh you down – ideal for midweek



Biryani-stuffed peppers

SERVES 6 | PREP 15 mins | COOK 1 hr Easy

This Indian-inspired rice stuffing can also be used in large beefsteak tomatoes, but they will take less time to cook than the peppers.

4 tbsp olive oil
1 onion, chopped
2 garlic cloves, chopped
1 cinnamon stick
1 tsp each turmeric, ground cumin, ground coriander, cardamom pods
250g/9oz basmati rice
handful parsley leaves, roughly chopped
handful coriander leaves, roughly chopped
zest and juice 1 lemon
50g/2oz each pine nuts and raisins
6 red peppers

1 Heat oven to 200C/fan 180C/gas 6. Heat half the oil in a medium-sized saucepan, then fry the onion and garlic. Add the spices, then cook for a few mins more. Stir the rice through, season with salt and pepper. Cover the rice with water, put a lid on the saucepan, then bring to the boil. Turn down the heat to a minimum, then cook for 10 mins until just cooked. Stir the chopped herbs, lemon zest and juice, pine nuts and raisins through the rice.
2 To prepare the peppers, cut around the stalks and discard. Use a teaspoon to scrape away the pith and seeds. Stuff the peppers with rice, then sit in a small roasting tray. Pour 100ml water into the tin, then drizzle with the remaining oil. Cover the tin with foil, then roast for 20 mins. Remove the foil, then continue to cook for 20 mins until the peppers are soft and just starting to fall apart.

PER SERVING 274 kcals, protein 6g, carbs 46g, fat 9g, sat fat 1g, fibre 3g, sugar 11g, salt 0.02g





Spiced summer bean pilaf

SERVES 4 ● PREP 10-20 mins ● COOK 15-20 mins Easy Low fat

200g/8oz Ebly (pre-cooked durum wheat, from supermarkets)
1 tbsp olive oil
1 large red onion, cut into thin wedges
1 large courgette, roughly chopped
3 garlic cloves, crushed
2 tsp cumin seeds, lightly crushed
1 tsp turmeric
200g/8oz runner beans, trimmed and cut into 2.5cm pieces
140g/5oz cherry tomatoes
350ml/12fl oz vegetable stock
small handful coriander

1 Cook the Ebly in salted boiling water for 15 mins. Meanwhile, heat the oil in a large frying pan, then fry the onion and courgette over a low heat for 5 mins until soft. Stir in the garlic, cumin seeds and turmeric; fry for 1-2 mins, stirring occasionally.
2 Add the beans, tomatoes and stock to the pan, bring to the boil, cover, then simmer for 5-6 mins until the tomatoes just start to lose their shape.
3 Drain the Ebly, stir into the vegetables, then cook over a high heat for 2 mins. Season to taste, stir in torn coriander and serve.

PER SERVING 248 kcals, protein 10g, carbs 45g, fat 5g, sat fat 1g, fibre 5g, sugar none, salt 0.34g



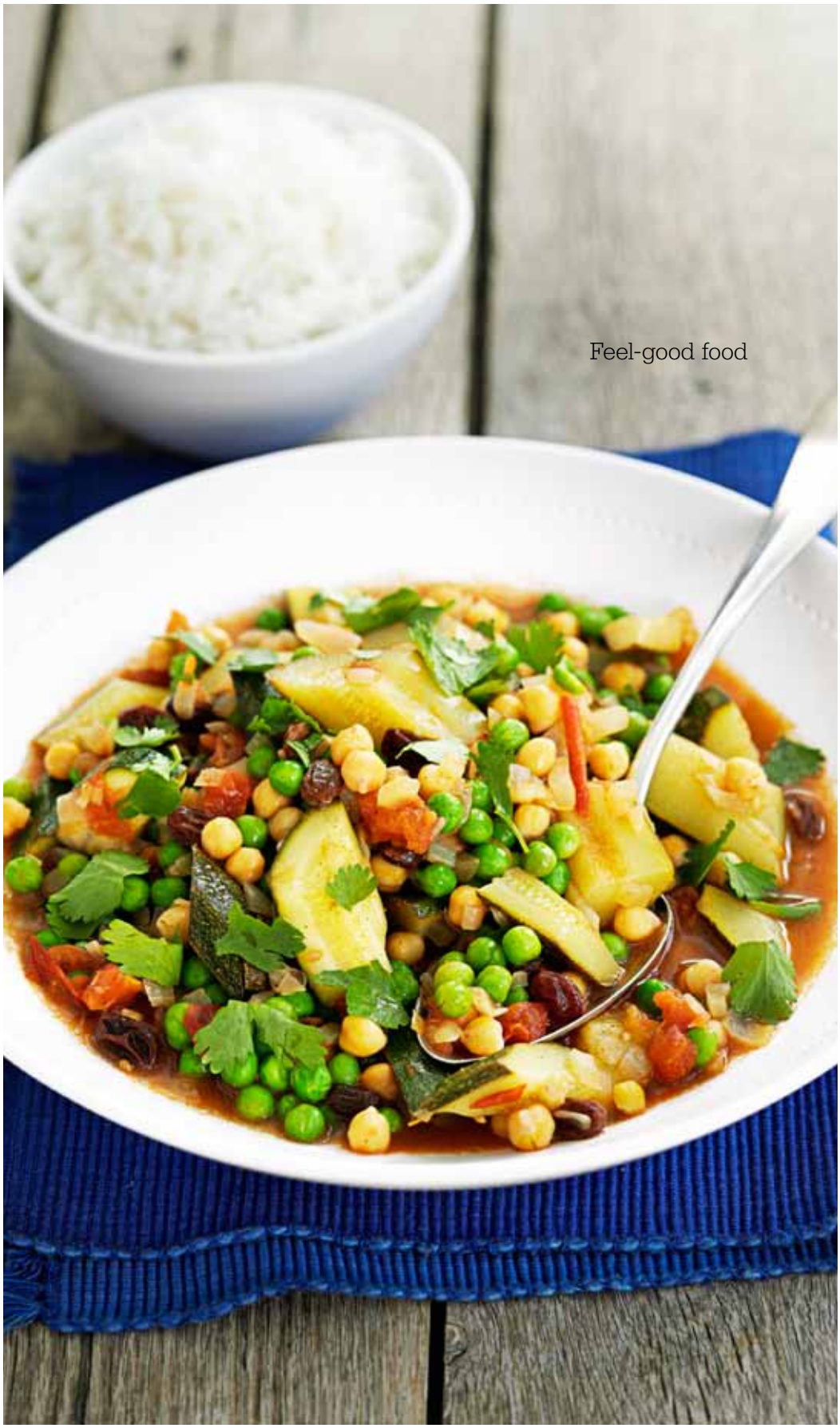
Pasta with cherry tomato sauce

SERVES 4 ● PREP 5-15 mins ● COOK 15 mins Easy Low fat

450g/1lb cherry tomatoes
pinch golden caster sugar
1 onion, chopped
2 garlic cloves, crushed
1 tbsp chopped oregano, plus extra to garnish
5 tbsp vegetable stock
350g/12oz pasta such as penne or penne rigate

1 Put the cherry tomatoes, sugar, onion, garlic, oregano and stock into a saucepan, bring to the boil, then simmer for 15 mins over a low heat. Season to taste.
2 Meanwhile, cook the pasta in a large pan of lightly salted boiling water according to pack instructions. Drain well, toss with the fresh tomato sauce and oregano.

PER SERVING 343 kcals, protein 12g, carbs 73g, fat 2g, sat fat none, fibre 4g, sugar 1g, salt 0.13g



Vegetable tagine with chickpeas & raisins

SERVES 4 ● PREP 10 mins ● COOK 20 mins
Easy ❄ Low fat

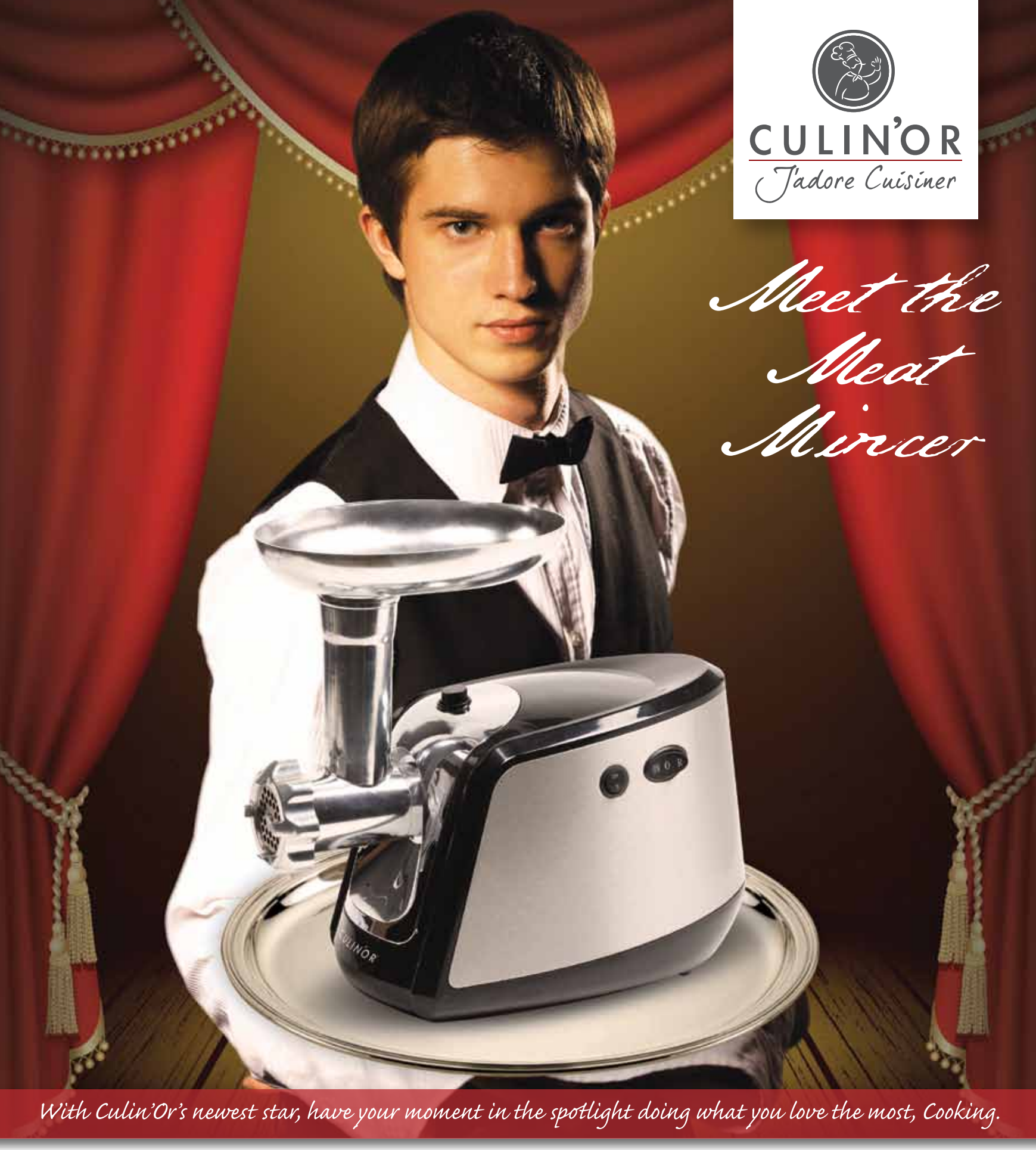
2 tbsp olive oil
2 onions, chopped
½ tsp each ground cinnamon, coriander and cumin
2 large courgettes, cut into chunks
2 tomatoes, chopped
400g can chickpeas, rinsed and drained
4 tbsp raisins
425ml/¾pt vegetable stock
300g/10oz frozen peas
chopped coriander, to serve

1 Heat the oil in a pan, then fry the onions for 5 mins until soft. Stir in the spices. Add the courgettes, tomatoes, chickpeas, raisins and stock, then bring to the boil.
2 Cover, then simmer for 10 mins. Stir in the peas, then cook for 5 mins more. Sprinkle with coriander before serving.

PER SERVING 264 kcals, protein 12g, carbs 36g, fat 9g, sat fat 1g, fibre 9g, sugar 19g, salt 0.52g

GREAT WITH TAGINES

✿ Couscous is delicious with tagines and so simple to prepare.
Tip 200g into a bowl and pour over 400ml boiling stock. Cover, leave to stand for 5 mins, then fluff up with 1 tbsp of olive oil.



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THE CATEGORIES

DINING

- Best European Restaurant
- Best Mediterranean Restaurant
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- Best Latin American Restaurant
- Best Middle Eastern/North African (MENA) Restaurant
- Best Café
- Best Brunch
- Best Family/Casual Dining
- Best Steakhouse
- Best Bar & Lounge Food
- Best New Restaurant
 Any restaurant that opened on or after 1 october 2010
- Restaurant Of The Year
- Chef Of The Year
 A category open for all professional chefs working in the UAE including executive/head chefs, chef de cuisine, stand alone chefs, pastry chefs etc.

INGREDIENTS

On the search for the UAE'S favourite ingredients to cook with, we are calling consumers to nominate their favourite brands and shops...

- Favourite olive oil brand
- Favourite dried herb and spice brand
- Favourite dairy brand
 - For cheese
 - For cream
 - For butter
 - For milk
- Favourite sauces, pesto, marinades brand
- Favourite shop for seafood
- Favourite shop for meat
- Favourite shop for organic
- Favourite shop for fresh produce

For more details about the categories, the judging and the event visit our awards page on **www.bbcgoodfoodme.com**. Nominations close at the end of November 2011 and the finalists will be revealed on 1 December 2011.



Taking the bull by the horns

With over 30 Latin American restaurants across the globe, celebrity chef and entrepreneur Richard Sandoval has had great success since he cracked the notoriously tough restaurant scene in New York 15 years ago. *BBC Good Food ME* finds out more about his latest concept Toro Toro, in the recently opened Grosvenor House Tower Two

Toro Toro, meaning 'bull' or 'bull-like' in Spanish could just as readily describe the tenacity and energy of Richard Sandoval as it could the dynamic new pan-Latin restaurant concept that he has launched in Dubai. With a creative mind and a passion for great quality food and concepts, Sandoval's restaurant empire has grown organically, and with great success.

"When I started, I could never have imagined being where we are today. I started in New York with one restaurant, Maya, an authentic Mexican concept that changed the way people perceived Mexican food. I didn't have a plan, it was a domino effect and it kept growing and growing. The first one went really well and we went from there," says Sandoval with a smile.

Very humble, but clearly ambitious, Sandoval is one of those people who have enviably found what they love to do (and what they are good at doing). Inspired by the lively family meals his grandmother would prepare when he was growing up in Mexico City, it was in the kitchen by his grandmother's side where his love for food and cooking was ignited.

Maya, an authentic modern Mexican restaurant in Le Royal Meridien Beach Resort & Spa, opened four years ago and was Sandoval's first restaurant in Dubai. And his second venture in the city, Toro Toro, is a move away from Mexican food to a menu that encapsulates flavours from Brazil, Peru, Argentina and Colombia.

"It's a pan-Latin restaurant and the menu is based around sharing, with all dishes served on small plates. The idea is that a big group of people will come and order a few plates to share, so if you are a table of four, you have twelve different dishes, so people interact and try the different dishes. I want people to come in and have fun. Share with friends and enjoy cocktails with fresh fruit, muddled to order," says Sandoval.

The concept of Toro Toro was developed specifically for the Dubai market, bringing a restaurant that showcases the whole of Latin America in menu,

style and atmosphere. While you may find slight similarities in terms of some of the Mexican ingredients used, the concept of Toro Toro is boldly different to Maya, and more of a "Latin American Buddha Bar," as Sandoval describes it.

A very spacious, almost cavernous restaurant on two levels, no expense was spared on the decor, which includes a floor-to-ceiling fire place and dramatic bull statues at the entrance.

Sandoval says he wanted people to be able to have a variety of experiences in Toro Toro. There is a rum bar and DJ upstairs, where you can enjoy drinks and snacks, or you can go downstairs to enjoy a leisurely dinner in a vibey atmosphere.





"Toro Toro is the first of its kind. There is nothing like it in Dubai, there is nothing like in the world. Maya is specifically Mexican, but here we wanted to showcase a broader taste of Latin America. People don't often know that much about Latin America; they might know a little about Peru, Brazil and Argentina, but I wanted to bring in the whole Latin American experience together. The staff is from Latin America, we have chefs from Brazil, Peru, Mexico, Columbia; we want it to be very authentic," says Sandoval.

Throughout his travels, Sandoval learnt to create the authentic dishes specific to areas such as Peru, Colombia, Brazil and Argentina. He would then explore the ingredients and techniques, modernise the dishes and put his personal stamp on it. The dishes are based on the traditional, but injected with modern interpretations.

"My style is all about bold flavours… the flavours of Latin America are very colourful and well balanced and when I create dishes, it is very important that I have all the textures, tastes and colours. Many people misinterpret Latin American food as being very spicy, but that is not how I think it is. It's all about balance, texture and to avoid any flavours being too overpowering," says Sandoval.

The concept of sharing and enjoying the different flavours from small plates come from Sandoval's preferred eating style; reminiscent of the large family gatherings where everyone would share, talk and interact at every meal.

"When I go out to eat I like to order about five appetisers and share them so you can all enjoy the variety of flavours. There is fine dining, with the appetiser, main course and dessert, but that is getting a bit stuffy; I think dining should be fun; experiencing as much you can. When it comes to my kitchen, I call it a free-flowing kitchen, so dishes come out when they are ready, and the food comes out at its best point. It is also very social," says Sandoval.

Sandoval flew in for the opening of the restaurant last month, which saw about 800 of Dubai's foodies, fashionistas and media come together to welcome the concept to the city. Since then there most certainly has been a buzz about the restaurant, with it being booked out almost every night of the week.

"I think it is more exciting because of the response I have received already from the people in Dubai. When you open something new, it can be scary thinking 'will people like it? Will they not like it?' but the feedback has been phenomenal – the food, the small plates. Obviously some tweaking will have to be done as it goes. But, we will always tweak as we go; you need to adjust them to the markets, to people's taste buds," says Sandoval.

From the menu you can expect dishes 'from the sea', 'from the land' and 'from the garden'. There are seafood dishes like smoked swordfish dip with pickled chillies, aioli, tomato and tortilla chips as well as cured salmon *tiradito* (a Peruvian dish of raw fish) with avocado, ginger, coconut, apple and pickled jalapeno. The ceviche (Central and South American dish of raw fish marinated in citrus juices) is a must-try, and you can enjoy ceviche varieties of octopus, shrimp, scallop, calamari, pink snapper and ahi tuna.

For those craving delicious South American meat dishes, the braised short rib coca flatbread is delicious, and the chorizo empanada, an Argentine pie with beef chorizo and cheese is a classic. The Brazilian beef fillet skewers with a lovely salsa and potato-corn salad is tender and flavoursome.

"It is a very diverse menu, with something for everybody. I love the ceviche and the coca flat breads, which you can get with wild mushroom or braised beef. The Brazilian cuts, an important part of the menu too. There is salmon with citrus sauce, Chilean sea bass with black bean crust… there is so much. You'll have to come here about ten times to experience everything. Very explosive flavours and something from seafoods to meats to chicken and vegetarian," Sandoval continues.

"My style is all about bold flavours… the flavours of Latin America are very colourful and well balanced and when I create dishes, it is very important that you have all the textures, tastes and colours"

A vibrant new restaurant on the Dubai dining scene, this is a fun and relaxing place where sharing food and diverse flavours are key.

In the kitchen with Richard Sandoval

Ceviche is a simple, fresh and delicious Latin American dish made from raw fish that is marinated in citrus juices. These ceviche recipes from the Toro Toro menu has been chosen by Richard Sandoval for *BBC Good Food ME*. Make sure you use top-quality fish, and enjoy these bold flavours.



Photography CRIS MELORADA







Ceviche Nikkei

SERVES 1

90g tuna, diced
100ml 'leche de tigre' nikkei (see recipe below)
8g spring onions, julienned
salt, to taste
100g cooked sweet potato, diced
100g cucumber, julienned
20g red onion, diced

1 Mix all the ingredients, except the tuna, and keep separate until you are ready the serve.
2 When you are ready to eat, this is when you mix the ingredients with the tuna. You don't want to do this earlier, as the lime will 'over cook' the fish. Season the fish with the salt and mix well. Add the rest of the ingredients and mix. Finally add to the leche de tigre, yuzu and ponzu mix one last time.
3 Check the seasoning and serve straight away.

Leche de tigre Nikkei

MAKES 5 PORTIONS

150ml fish stock
350ml Brazilian green limes (make sure you don't use the Egyptian limes, as these are too bitter)
30g garlic, crushed
20g ginger
40g celery
100g white fish, thinly sliced
125g white onion
2g coriander leaf
10g salt
5 ice cube
5g Habanero chilli, seeds and white pith removed
100ml ponzu (a citrus-based sauce commonly used in Japanese cuisine)
50ml yuzu juice (citrus fruit)

1 First make the leche de tigre. Mix all the ingredients together (except for the white fish) and blend until smooth. Strain.
2 Before the service add ponzu and yuzu and mixed well.

THE *Art* OF BUYING A KITCHEN

No longer just a space for cooking and eating, the kitchen is a place for you to enjoy time with your family, entertain friends and whip up your favourite recipes in style. Luxury German kitchen manufacturers Häcker gives us expert advice on how to buy the perfect kitchen



DON'T HESITATE TO ASK QUESTIONS

Your new kitchen will be a part of your home for many years to come so you want it to be appealing to look at and very functional to use. Never be afraid to ask questions about where the cabinets and components are made or how many years experience the designer has.

KNOW YOUR BUDGET

If you know what you can realistically spend, the search for your dream kitchen will be more focused and fruitful, ultimately saving you time. Do not be afraid to tell the kitchen designer what your budget is; they may be able to come up with a fantastic design that meets your needs and your pocket.

BE SURE YOUR KITCHEN IS AUTHENTIC

You might think that the kitchen you are purchasing is made in Germany or at least Europe, but do your research as there are many imitations on the market. Not all German brands build their kitchens in Germany. Some European brands are partially or completely made here in the UAE which are often built with poor materials and low quality standards.

WHO WILL BE INSTALLING YOUR LUXURY KITCHEN?

When it comes to the kitchen being fitted, ensure that the craftsmen are certified to fit the kitchen to the standard of the brand. A good craftsman will have at least 10 years of kitchen fitting experience in Europe and is a key part of building a kitchen that will look and perform as new for over 20 years.

CHECK THAT YOUR GUARANTEE IS VALID

Always make sure that the guarantee is valid in the country you are residing in. If you have a problem or query about your kitchen, it is very important that this can be rectified for you with ease, at your convenience. Häcker provides 360 degree service, with an afterservice promise to ensure complete consumer satisfaction.

BE WARY OF MASSIVE DISCOUNTS

When shopping for a kitchen, the price that is quoted at the outset should be very close to the price that is agreed on at the end. A five or ten percent discount is reasonable, but if the salesperson offers you a twenty percent discount or more, alarm bells should alert you to the fact that the kitchen was most probably over-priced at the outset.

NEVER BUY THE CHEAPEST OPTION AVAILABLE

While a cheap price may initially seem appealing, there is usually a reason for it. Good quality materials and manufacturing will mean a kitchen that is durable. A cheap, low-quality kitchen might be cost-effective today, but in the long run, you will be paying a lot for maintenance and possibly a full replacement within 5 years.

DON'T BE WOWED BY PRETTY PICTURES

You might be shown a gorgeous design, but there is so much more involved in ensuring that you get the kitchen you want: the service you will get, the time frames of completing the kitchen, as well as how the kitchen will function and work for you. At Häcker, a beautiful kitchen design will be complemented by quality service and functionality, not just an amazing 3D image!

YOUR KITCHEN MUST WORK FOR YOU

With the humid, dusty climate, dust seals are a must in kitchens in the UAE. Soft-close cupboard doors, drawer runners and waterproof edging are essential, too. German Quality Marks will insure that the materials and finishings are of great quality.

To book your design consultation with one of our experienced designers you can call 800 KITCHEN or +971 4 399 0425.

The Häcker Kitchen showroom is located on Sheikh Zayed Road in Al Barsha. Visit www.hacker.ae for more information and to view the location map.





Photography CHRIS MEDCALF

Zuma evolution

As acclaimed modern Japanese restaurant Zuma celebrates its third birthday in Dubai, executive head chef Reif Bin Othman has created exquisite new dishes for the menu. *Lauren Hills* joins Reif in the Zuma kitchen to find out more

What inspired you to create the new dishes on the menu?
At Zuma we are always creating new dishes and we share ideas between all executive chefs in the restaurants across the globe. My own background, experience and things I see on a daily basis inspire me when I'm in the kitchen. These dishes have a Middle Eastern influence too, which is exciting.

I believe these home-grown dishes from Zuma Dubai are to potentially be featured in Zuma restaurants internationally. Is this an exciting step?
It is an honour to have my dishes and ideas on the Zuma menu, and as a chef creating new dishes is always very exciting. My background has always been fine dining, so adapting to the *izakaya* style and size of Zuma, while maintaining the quality and consistency, was challenging. Having the trust and faith from Rainer Becker gives me more confidence to develop more new dishes.

What is it like to work under Rainer Becker? How has he influenced your career?
Rainer is based in London, so it is always great when he visits us in the Middle East. When I was in London doing my training with him, he guided me and showed me specific techniques on certain food products and briefed me on what he wants to achieve here in Dubai. As a boss, he is very supportive and kind. He had influenced me in many ways, and the key thing he taught me is to maintain consistency on all dishes on the menu.

What does Rainer Becker think of the new dishes you have implemented?
New dishes are generally tasted and approved by Rainer before getting on to the menu. His main requirements are the presentation, the taste and the simplicity of the dish as this is the authenticity of Japanese food.

How would you describe the flavours of the new dishes? You seem to have brought in some delicious, fresh citrus notes... what other ingredients have you enjoyed working with?
As a company we believe in always sourcing the best possible raw ingredient. Our job is to enhance the flavour of these ingredients. These new dishes utilise clean, fresh products and so it has been so much fun to develop the dishes to suit the climate over here.

What are some of your favourite new dishes?
Corn fed chicken breast with citrus segments – it is a complete transformation of such a widely consumed product in the UAE.



Light and refreshing lobster sashimi, perfect for the Dubai climate



Inspired by the Middle East, these gyoza are stuffed with spinach, dates and water chestnuts



Tantalising citrus flavours - the marinated corn fed chicken breast, grilled with smoked salt and yuzu koshu





MEET THE CHEF...

Reif Bin Othman was recruited into the Zuma family by Colin Clague in 2009 and in December 2010 he was promoted to executive head chef, displaying the skills he learned under Zuma founder Rainer Becker, in London.

Singaporean born Reif has held a number of prestigious positions in the Far East, including a role as executive chef at Les Amis restaurant in Raffles Hotel, Singapore, and sous chef at One Porchester Group. His move to Zuma marked a return to the UAE; earlier in his career Reif worked in the Al Mahara restaurant in the Burj Al Arab, Dubai.

Zuma was the winner of the BBC Good Food ME's Restaurant of the Year Award 2010. The restaurant is located in Gate Village Dubai International Finance Centre (DIFC).



Artisan delights

Foodies, if you haven't yet discovered the Ripe Food Market that takes place every Saturday at Dubai Garden Centre, you are most definitely missing out! From organic, locally-sourced fruit and vegetables to cupcakes, dips, preserves, jams, biltong, gourmet oils and more, food shopping in Dubai has never been so enticing



Becky Balderstone is the owner and founder of Ripe, a company that sources and sells fruit and vegetables from farms in the UAE. Every Saturday at Dubai Garden Centre you can purchase mixed assortment of fruit and veg, depending on seasonality and availability. AED 80 for a small box or AED 130 for a large box. Balderstone is the pioneer of the Ripe Food Market.

"I wanted to do something I was really passionate about. When back in the UK, I had really enjoyed visiting farmers' markets and the entire concept of fresh, seasonal produce direct from farm to table. I missed this in Dubai so decided to look into the feasibility of setting it up here. After discovering that there are so many beautiful farms here in the UAE and tasting some amazing local produce, it seemed like the obvious way forward," says Balderstone when asked what inspired her to create Ripe and The Ripe Market.



This month at The Ripe Market...
"As the weather cools, the variety will increase so in addition to all the usual delicious suspects, Ripe boxes will also include aubergines, purple peppers, cherry toms, mini courgettes, lettuce, herbs and much more! Sign up to our newsletters at www.ripeme.com and you can be kept up to date every Wednesday with news, views and what to expect in the coming week," says Balderstone.



Tulsidas sells the divine La Tourangelle flavoured oils, delicious mixed dipping oils, cake and cookie mixes as well as other products. The spicy Spanish dipping oil as well as the infused La Tourangelle white truffle oil is definitely something special!



For all-natural, delicious, creamy dips and spreads in a variety of flavours, the Pink Peppercorn stand is a must.



For those with a sweet tooth, Toffee Princess has delectable toffees, fudges and sweets on sale. Created using her family's Scottish recipe, Suzanne McDonald's toffee is a treat!



Locally produced mozzarella anyone? These traditional Italian cheeses are made with local cow's milk and created using authentic methods in a factory in Sharjah.

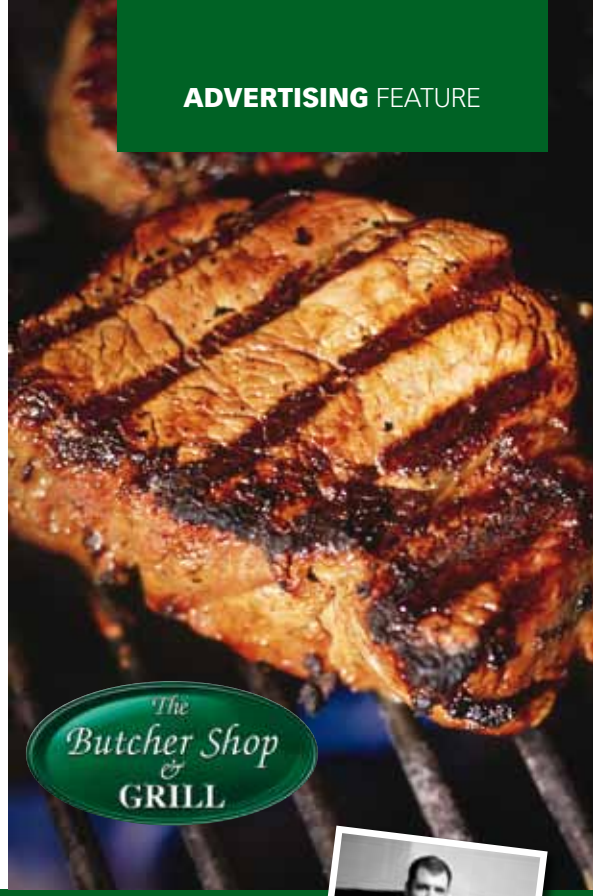


Yummy, pretty cupcakes from Scrumptious Cupcakes Dubai.

Ripe farmer's market in Abu Dhabi!
For passionate foodies in Abu Dhabi, Ripe will be holding a weekly farmers market at Khalifa Park's Desert Garden Centre commencing every Friday from 9.30 to 13.00 from November 18 onwards.

Boys and grills

Everyone's ready for the delights of the open air BBQ! Who should know more about it than Peter Sass, Master Butcher of South African restaurant The Butcher Shop & GRILL?



It's BBQ time once more. Patios and balconies across the Emirates become the centre of a grillfest for friends or families, enjoying the cooler air and savouring the scent of smoke and the anticipation of grilled food.

But all that's for nothing if you don't get the basics right! We asked Master Butcher Peter Sass from The Butcher Shop & GRILL to answer some of your pressing questions. In addition to its restaurant operation, The Butcher Shop & GRILL is a one stop shop for the best meat in Dubai - the only retail shop in town to sell USDA select beef and with highly trained and helpful staff who'll match your desires with the best perfectly aged cuts. Need advice? Just ask the butcher in any of the outlets. And, while you're there, don't forget to pick up a good selection of sauces, bastings and marinades. ***There are three outlets in Dubai: Mall of the Emirates, Mirdif City Centre and JBR The Walk. In-house butcheries are open from 9am daily.***


Master Butcher, Peter Sass

THE EQUIPMENT

What's the difference between wood chips and wood chunks?
Wood chips are used for smoking as they do not give off a flame. Instead, they just smoulder, giving off smoke which is used to cook the meat. Wood chunks, however, are used to help get the fire going and are also used for conventional cooking as they get much hotter and do not smoke.

What's the best way to light charcoal?
Using a solid firelighter is preferable to liquid as it eliminates the temptation to spray on more liquid firelighter after the fire has been lit - which can cause major problems! It also holds a flame for longer giving the charcoal or wood more time to catch alight. Please, never be tempted to use petrol or diesel as the fumes are toxic and will impart a flavour onto whatever you are cooking.

Which produces better tasting food? Charcoal or gas?
Gas tends to be cleaner and it's easier to regulate the temperature of a gas BBQ but it does not impart any flavour to the meat. Charcoal can impart a slight smoky flavour to the meat but, more importantly, it depends on how the meat is seasoned before grilling.

THE MEAT

What meats are best for smoking?
Most kinds of meat can be smoked but in my view the best are beef striploin, inside top-round or rump. Chicken and fish are also fantastic when smoked correctly - do not try to smoke meat without consulting a good recipe book that covers the subject as there's more to it than people think!

I'm throwing a BBQ for a load of friends. What mix of meats would you recommend?
Different meats such as beef, lamb, chicken and even seafood in the form of kebabs are usually the easiest and most popular for parties.

What meat do you sell most of at The Butcher Shop & GRILL for BBQ?
The cuts that have some fat in them like rib-eye, rump and t-bone are the most popular.

THE TECHNIQUE

How do I get a smoky flavour into food when using a gas grill?
By using a basting, BBQ dry rub or adding liquid smoke to your marinade. We have some great bastings in stock now.

What's the difference between indirect and direct grilling?
Indirect grilling is when the item to be cooked is not placed directly above the fire but rather to one side - this is more commonly used for larger cuts of meat and whole roasts, whole chickens and so on. Direct grilling is when the meat is directly above the fire, resulting in a much faster cooking time - this is usually done for smaller cuts of meat like steaks, kebabs etc.

I'm new at grilling and love a thick juicy fillet mignon. What's the secret?
First of all, buy the best chilled fillet you can afford - never buy frozen as all the juices will escape after defrosting, leaving you with a dry tasteless piece of meat! Protect the fillet from the heat by using a basting, dry-rub or olive oil and seasoning - it has very little fat to protect it, so it will burn quickly if this is not done. When grilling, do not be tempted to continuously move the meat around. Instead let the fire do the work. Finally, when the fillet is cooked, take it off the heat and wrap it loosely in tinfoil for about half the time it took to cook. This will let the juices go back to their natural places resulting in a juicy, tender fillet.

Why do I get a bitter flavour on smoked meats?
When meat that has a lot of fat in it is smoked, the fat can impart a bitter taste. Also be careful not to smoke meat for too long as this will make it bitter as well.



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Best of the grill

Barbecue season is here! It is time to dust off the grill, light up the coals, get the marinade ready, choose your meat and get grilling. Three of Dubai's top chefs share their favourite recipes for the barbecue

"The secret to a juicy steak is to get it cooked fast and to get it off the grill the second it's done. Letting a steak sit on a grill too long, whether it's cooked through or not, will dry out the meat. It is important to rest the steak. In the Rib Room we prefer using clarified butter to hydrate the steak and we season with Himalayan salt mix with homemade Cajun pepper," says chef Ana Gasperi



Photography CRIS MELORADA



Head chef Ana Gasperi of
The Rib Room, Emirates Towers Dubai



The Rib Room steak

The Rib Room's marinated baby chicken

Ana Gasperi adds a Latin American flavour to the barbecue with this succulent baby chicken marinated in chimichurri sauce. She also gives us tips for the perfect steak.

SERVES 4

4x 350g free range baby chicken
FOR THE CHIMICHURRI:
800g flat parsley
500ml corn oil
500ml white wine vinegar
50g peeled garlic
20g fresh rosemary leaves
8g red chilli flakes
50ml honey
5g salt
5g black peppercorn
20g sambal oelek (ground chilli)
10ml lemon juice

1 For the chimichurri: wash the parsley, dry it and remove the leaves.
2 Place the leaves with the peeled garlic and rosemary in a food processor, add a dash of corn oil, vinegar and blend until it forms a thick green paste.
3 Place the chimichurri paste in a clean bowl and put it on top of another bowl that is filled with ice (this is a reverse bain-marie) to cool.
4 Using a hand blender blend the chimichurri, and start adding half of the vinegar, little by little, without losing the thickness of the paste. While blending, keep stirring all the time.
5 Add half of the corn oil, slowly as you did with the vinegar, and then add the rest of vinegar and oil. Add chillie, honey, salt and pepper at once. The best result would be by roasting separately black peppercorn and dried red chillies and crush them, it gets better aroma and smoky taste.
6 Blend some of the chimichurri with sambal oelek, lemon juice, if you wish to make it more spicy. Keep on the side.
7 For the chicken: Take the chicken and debone it or keep it whole and marinade it in the chimichurri sauce. Keep in the fridge for about an hour to let the flavours seep into the chicken.
8 On a medium flame, on your barbecue grill, place your chicken starting from the skin side, and keep turning regularly so that it doesn't burn.
9 This can be served with baked potatoes, fried or boiled cassava or seasonal vegetables.



Chef Paul de Visser, executive chef of Ruth's Chris Steakhouse

Ruth's Chris Steakhouse marinated BBQ rib eye with ratatouille and sauce au poivre

Chef Paul de Visser, executive chef of Ruth's Chris Steakhouse, The Monarch Dubai, teaches us how to take grilled steak to delicious heights with his perfectly seasoned marinade and homemade peppercorn sauce (sauce au poivre). Take the plunge and make the peppercorn sauce at home – it tastes so much better than store bought.

SERVES 1
FOR THE RIB EYE:
1 300g piece of rib eye
200ml extra virgin olive oil
2 tbsp honey
1 tbsp whole grain mustard
½ tsp chopped garlic
50ml balsamic vinegar
2 sprigs rosemary
2 sprigs thyme
½ tsp salt
½ tsp pepper
1 tbsp butter

1 Create the marinade by mixing all the ingredients (except the rib eye) together in a bowl. Mix well. Taste the marinade and add some additional ingredients according to your taste. Season with salt and pepper.
2 Place the rib eye in the marinade and place in the fridge for about 24 hours.
3 Then, take the rib eye out of the fridge and let it stand for a while. When your BBQ is just right – not flaming, but the coals are hot – put the rib eye on the BBQ and cook until it is done to your liking.

FOR THE RATATOUILLE:
1 buffalo tomato
½ onion
½ courgette
½ aubergine
½ tsp chopped garlic
1 bell pepper
1 sprig thyme
1 piece basil
salt and pepper, to taste
1 tbsp olive oil

1 Chop all the ingredients brunoise (cubes) and put them aside.
2 Put the non-stick, all metal pan onto the barbecue grill and let it get hot. Add oil to the pan. When the oil is hot add the onions to the pan, cook for about 1 min and then add the rest of the ingredients, except for salt and pepper. Stir well and keep on cooking on a medium to high fire. Season with salt and pepper to your own liking.

Make your own peppercorn sauce!
FOR THE SAUCE AU POIVRE
45g salted butter
20g onions, diced
50g green peppercorns, drained
a pinch of fresh thyme
25ml peppercorn brine
30g all-purpose flour
500ml beef stock
150ml heavy cream

1 Open the peppercorn cans, drain the brine and reserve for later use. Place butter in saucepan on medium/high heat to melt. Add chopped onions and drained peppercorns. Simmer until onions are translucent, for about 2 mins.
2 Place thyme on cheesecloth. Tie with butchers twine and set aside.
3 Add brine to saucepan and reduce to almost dry.
4 When brine is reduced to almost dry, add half of the water. After the water is reduced to half, add the flour and cook for about 2 to 3 minutes.
5 Make the beef stock and heat on a pan. Add the cheesecloth packet to pan and bring to boil.
6 When it comes to a boil, lower the heat back to med/high and simmer for about 25 minutes.
7 Add heavy cream and reduce, approximately 40 minutes, then place in a clean container. Mix and place container in an ice bath to cool down. Sauce should coat the back of a spoon.



Pre-heat your BBQ to medium high. Brush both sides of the steak with a little oil to prevent them from sticking to the grill. Wait until just before cooking to season your steaks (season on both sides) as salt will draw out the juices that you need to keep the inside to get a better end result. A nice and juicy steak offers maximum flavours and tenderness. Let the steak rest for a few mins before serving so that the juices within the beef will distribute evenly throughout the steak making it perfectly tender and succulent,

Paul de Visser's tips for grilling success

Marinated BBQ rib eye with ratatouille and sauce au poivre

Okku's Chicken Yakitori

Chef Hugh Sato Gardiner, executive chef of Okku, Monarch Dubai, shows us how to master the Japanese grill with these deliciously-fragrant skewered dishes. If you are looking for the Japanese ingredients in Dubai chef Hugo recommends visiting Dean's Trading near Lamcy Plaza or 1005 Mart that is next to the Coral Al Khoory Building in Al Barsha.

70g chicken breast, cubed
homemade teriyaki sauce (see recipe below)
8g spring onion
salt and pepper, to taste
20ml yakitori sauce

1 First, make the teriyaki sauce by combining chicken stock (instant is fine), soy sauce, mirin fu, and sugar. There is not strict ratio, and be flexible according to your taste. I suggest a ratio of 2:2:1:1, respective to the ingredients named. And again, you can reduce the sauce to the consistency you like.
2 Using skewers soaked overnight in water to stop them burning on the grill, skewer a piece of chicken, followed by spring onion. Repeat this process and make 2 skewers.
3 Grilling either on an open fire, or sautee pan is fine as well, season the skewers of chicken with salt and pepper. On an open fire, you can cook these skewers in about 7 mins, depending on the intensity of your fire. Repeatedly baste the skewers while cooking, so that the sugar works with the heat to create a dark glaze on the skewers.
4 When the chicken is cooked through, serve immediately with some shichimi pepper.



Chef Hugh Sato Gardiner, executive chef of Okku, Monarch Dubai



The Melting Pot

With winter just around the corner, a great way to get together with close friends and family is to have a fondue party.



Staub Fondue Set

An excellent fondue set to choose is the cast iron set from Staub which can cook up fondues of any kind and includes a fork ring to position fondue forks in place while cooking. The cast iron makes it ideal for heat retention making it a better option when cooking meat. The pot also doubles up for other uses as well and comes with a universal burner base that can be also used outdoors with the Kuchenprofi safety fuel paste.

Keep at least two long handled forks per guest, and preferably three. Keep regular dinner forks at everyone's place so your guests can use the fondue forks to cook and dip the food in to the fondue pots and use the regular forks to eat. And for a meat fondue, always preheat the oil to cooking temperature in your kitchen before placing the pot on the burner.

Setting the Fondue Pot

A fondue party is more fun when the whole group can sit around a table and chat while cooking or dipping their food. Everybody is served at the same time and the same course of food goes around.
For dessert you could top off your wonderful and delectable fondue menu,with a chocolate fondue, available from Menu.



Menu Chocolate Fondue



Kuchenprofi Fuel Paste

General Safety Tips

Refill oil away from the heat source and then carefully return the pot to the table.
If you are using oil, never fill more than half the pot with oil. Keep the raw food away from ready to eat items to avoid cross contamination.



Okku's Red snapper kushiyaki
50g red snapper
10ml soy bean oil
10ml yuzu juice
2g shichimi togarashi
2g yuzu peel
½ red onion, minced
1 red chili, minced
pinch of salt and pepper
3ml white vinegar
1 shisho leaf, minced
3ml olive oil

1 Soak skewer overnight in water.
2 Combine soy bean oil, yuzu juice, red onion, red chili, white vinegar, shiso leaf, and olive oil
3 Add shichimi pepper, salt, and black pepper to the salsa.
4 Fold the thin slices of snapper 'in a needle sewing motion', going up and down with the tip of the skewer through the snapper (see pictured in the photograph above).
5 Make an additional skewer and season with salt and pepper.
6 At home, heat up a sautee pan, or a barbecue grill and grill both sides of the skewer for 2-3 mins, and set aside to cook through.
7 Garnish with salsa and add the yuzu peel on top for added zest.

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Dalia's Thanksgiving feast

Dalia Dogmoch, of D's Kitchen food blog and co-founder and chief baker of Kitsch Cupcakes, whips up a delicious Thanksgiving menu for family



Photography CRIS MEJORADA



"I love this type of menu, the mix of savoury and sweet, and the festive nature of this meal are just gorgeous. I chose the sweet potato crumble, which is a side or even a dessert if you add a scoop of ice cream. It's actually inspired by something I had at Ruth's Chris, I loved it so much that I concocted my own version which turned out absolutely delish!"



Spinach & artichoke dip

SERVES 6 - 8

2 cups frozen spinach, thawed
1 cup frozen artichoke hearts, thawed and chopped
½ cup finely grated parmesan
½ cup crème fraiche
salt & cracked pepper to taste

1 In a saucepan, combine spinach and artichokes and cook on low-medium heat until tender, for about 15 mins.
2 Add the parmesan and crème fraiche, season to taste then stir to combine everything well and let it cool before serving with crackers.





"Do not over cook the turkey. hat really is the best trick to make it juicy and succulent. Happy Thanksgiving!"

Roasted Thanksgiving turkey

SERVES 6 - 8

4kg (9 pound) whole turkey
1 loaf of country bread, cut into small chunks
1 onion, finely chopped
1 cup of pancetta, cut in cubes (optional)
1 pear, chopped
1 cup dates, cut into chunks
1 cup pecans, chopped
½ tsp dried thyme
2 bay leaves
1/3 cup chicken stock (or a little more to keep it moist)
¼ cup crème fraiche
1 tbsp honey
knob of butter
salt and pepper to taste

1 In a large pan heat some olive oil and sauté the onions until they are translucent. Add the pancetta and when it turns golden and crispy add the pears, dates, stock, thyme and bay leaves.
2 Cook for about 15 mins, then add the crème fraiche, honey and pecans, combine well, season and set aside.
3 Preheat oven to 180C. Remove all the insides (giblets) form the turkey, rinse thoroughly with water and rub the inside with salt and half a lemon.
4 Stuff the turkey with the stuffing, and rub the skin with a knob of butter.
5 Place the turkey in a roasting pan, loosely cover with aluminum foil and roast in the oven for about 3½ hours until golden and crispy but still moist. Let the bird rest for at least 20 mins, covered, before carving and serving this feast! Happy Thanksgiving!



Roasted Thanksgiving Turkey



Sweet potato crumble
SERVES 6 – 8

6 large sweet potatoes
¼ cup whole milk
½ tsp all spice
¼ tsp nutmeg
¼ tsp cinnamon
½ tsp salt
¾ cup flour
½ cup brown sugar
½ cup butter, softened
¼ cup ground pecans

1 Preheat the oven to 180 degrees C. Place the potatoes in a baking dish and bake for about 45 minutes.
2 Remove the skin, then mash potatoes and add the milk and spices and seasoning. Mix well, then spread the potato mixture in a lightly buttered baking dish.
3 In a bowl, mix the flour, sugar and butter and with your fingers gradually crumble the mixture.
4 Sprinkle over the potatoes and bake for about 50 minutes, until the crumble topping is golden. Decadent!

"The most memorable Thanksgiving must have been a few years ago when my husband and I were still dating. He said he would make dinner for us and I thought he would whip up a pasta dish or something of the sort. When I arrived, he had prepared a 10kg stuffed turkey with yummy sides just for the two of us! He didn't have a dining table yet so we sat on the floor and used his coffee table instead. It's one of those moments I won't forget..."


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In the kitchen with Iconycs

Sibille Buchholzer-Juen founder and cake designer of Iconycs Cakes in Dubai, is passionate about the beautiful simplicity of cake decorating. We take a sneak peek into her kitchen to find out what she uses to create her unique bakes



Photography CRIS MEJORADA



1. Cornstarch dusting pouch

It prevents fondant from sticking to the surface and tools, and the pouch distributes little cornstarch at the time and allows you to spread out evenly. In the UAE, it is available at Tavola.

2. My surgical knife and surgical tweezer

These tools allow me to cut the fondant very precisely. The tweezer supports me in adding finest details onto the cake.

3. My Tool kit from USA

This kit helps to shape and create all kinds of flowers and add decoration on a cake.

4. Microplane grater

This allows me me to add finest grated zest of orange, lemon, nutmeg, chocolate, etc. They are extremely sharp and easy to handle. Available at Tavola in the UAE.

5. Decorating Turntable

When decorating a cake, it helps to turn the cake slowly to add on the details and icing. I purchased this turntable at Waitrose, Dubai Mall.

6. Mini-angled spatula

This spatula makes it easy to add on buttercream or jam onto smaller cakes (cakelets). It is great for working smaller surfaces and is very practical. You can purchase the spatula from Waitrose, Dubai Mall.

7. Flexi-pan

Perfect to bake muffins and other small pastries, it is easy to use and distribute the heat evently. It is available at Bloomingdale's Home, Dubai Mall.

8. Kenwood mixer Major Platinium

It's the most powerful mixer on the market and comes with a lot of add-on extras. It allows me to make a few recipes at the time due to the 6.7l size. It is available at Galleries Lafayette, Dubai Mall.

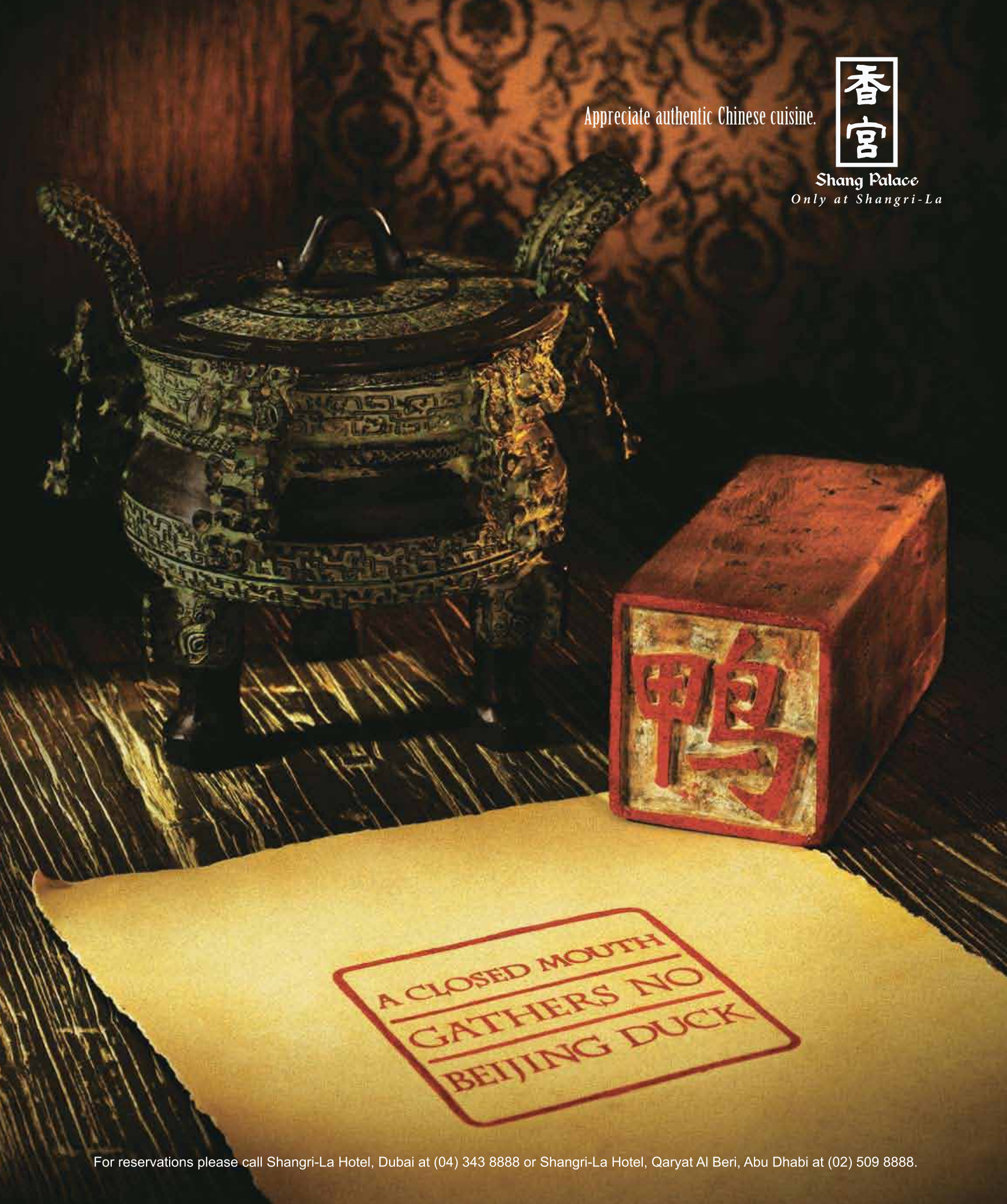


About Sibille Buchholzer-Juen

Coming from a beauty and fashion background, and with a passion for baking and decorating, Sibille combined her creative talents to create Iconycs Cakes earlier this year. Sibille says that Iconycs Cakes stay true to tradition and her aim is to achieve simple perfection.

Passionate about exquisite presentation and taste, Sibille says she only works with the finest ingredients, ensuring high quality, deliciously-moist cakes. Iconycs Cakes cookies and cakes are available on a made-to-order basis and can be customised to suit your individual needs and personal tastes.

Sibille is also on hand to advise the choice of colours, flavour combinations, shapes and sizes according to your requirement. *info@iconycs.com.*


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Food Club Event

Channelling the skills

At the beautiful, newly-opened Miele Kitchen Gallery executive chef of Media Rotana Dubai, Joachim Textor, taught Food Club members to create three stylish dishes



A fantastic evening of canapes, cooking and mingling at our Food Club event last month



Food Club members watched charismatic executive chef Joachim Textor at work at the state-of-the-art new Miele Gallery. A fantastic start to the new season of the *BBC Good Food ME* Food Club events!



The gorgeous tuna tataki from the Channels menu

"Perfect for an alfresco dinner party, the light and succulent tuna tataki followed by the gorgeously-creamy risotto and ended off with a fun and fruity crumble will be a winner with all your guests!"

Photography CRIS MEJORADA







Lucky foodies won fab prizes







Food Club members enjoyed delicious tasters



The creative canapes by the Media Rotana team were lovely to look at delicious to sample



Chef Joachim shared his tips and skills

STARTER

Lemon peppered tuna tataki with tangerine olive oil

SERVES 4 ● *Set on shaved fennel, organic Peruvian Quinoa with Alaskan king crab leg. A recipe from the Channels menu.*

200 to 220g chilled tuna fish loin
30g crushed lemon pepper
5g fine iodised *fleur de sel* (sea salt)
40ml tangerine olive oil
250g fennel, finely shaved
20ml lemon juice
20g mixed micro greens
1 packet edible flowers (optional)
salt and white pepper, ground out of the mill
120g quinoa (preferably Peruvian, organic)
10ml avocado oil
4 x 60 to 70g pieces Alaskan king crab legs cooked
10ml pesto, to garnish

1 Pan-sear the tuna fish loin, which you had rolled before in the tangerine olive oil, lemon pepper and salt.
2 Blend the finely shaved fennel with the lemon juice, remaining tangerine olive oil, salt and white pepper out of the mill.
3 Cook the organic Peruvian quinoa and blend with the nutty tasty avocado oil and season it.
4 Now slice the lemon-peppered Tuna loin and set it on a cushion of the shaved fennel. Place the quinoa on the side.
5 Garnish with the Alaskan king crab leg, micro greens and edible flower.
6 Drizzle the pesto for décor around the plate.

MAIN

Risotto rice with forest mushrooms and pistachio- and macadamia-crusted soft shell crab

A recipe from the Prego's menu
SERVES 4

180g Arborio rice
30ml olive oil
25g chopped onions
30g fresh cepes mushrooms (frozen ones can be used if not in season or subtitute mixed woodland mushrooms such as trumpet mushrooms, yellow mushrooms, morel mushrooms)
15g dried cepes mushrooms (pre-soaked)
10g chopped western parsley or Italian wild majoram
40ml chicken stock
15g parmesan cheese
25g butter (preferably French burgundy)
5g white truffle paste
1 egg white
10g corn starch
15g pistachio, finely chopped
20gr macademia nuts, finely chopped
1 small bundle thyme sprig, for garnish
1 soft-shell crab (preferably from from Thailand)
50 ml oil (for frying the soft shell crab)

1 Sautee the onions in the olive oil.
2 Add the fresh cepes mushrooms and soaked mushrooms to it, stir for a while.
3 Add the Arborio rice to it and mix well, now also pour the chicken stock into it
4 Stir the entire mixture constantly, for about 20 mins.
5 Add the hard butter, truffle paste, herbs and parmesan cheese to it.
6 Deep fry the macadamia- and pistachio-crusted soft shell crab, and cut it in half.
7 Place the a l dente cooked risotto rice on a plate and garnish with the soft shell crab and thyme sprig.
8 Serve immediately.


A beautiful combination of flavours and textures from the Prego's menu


An innovative alternative to the classic crumble!




The Media Rotana team at work



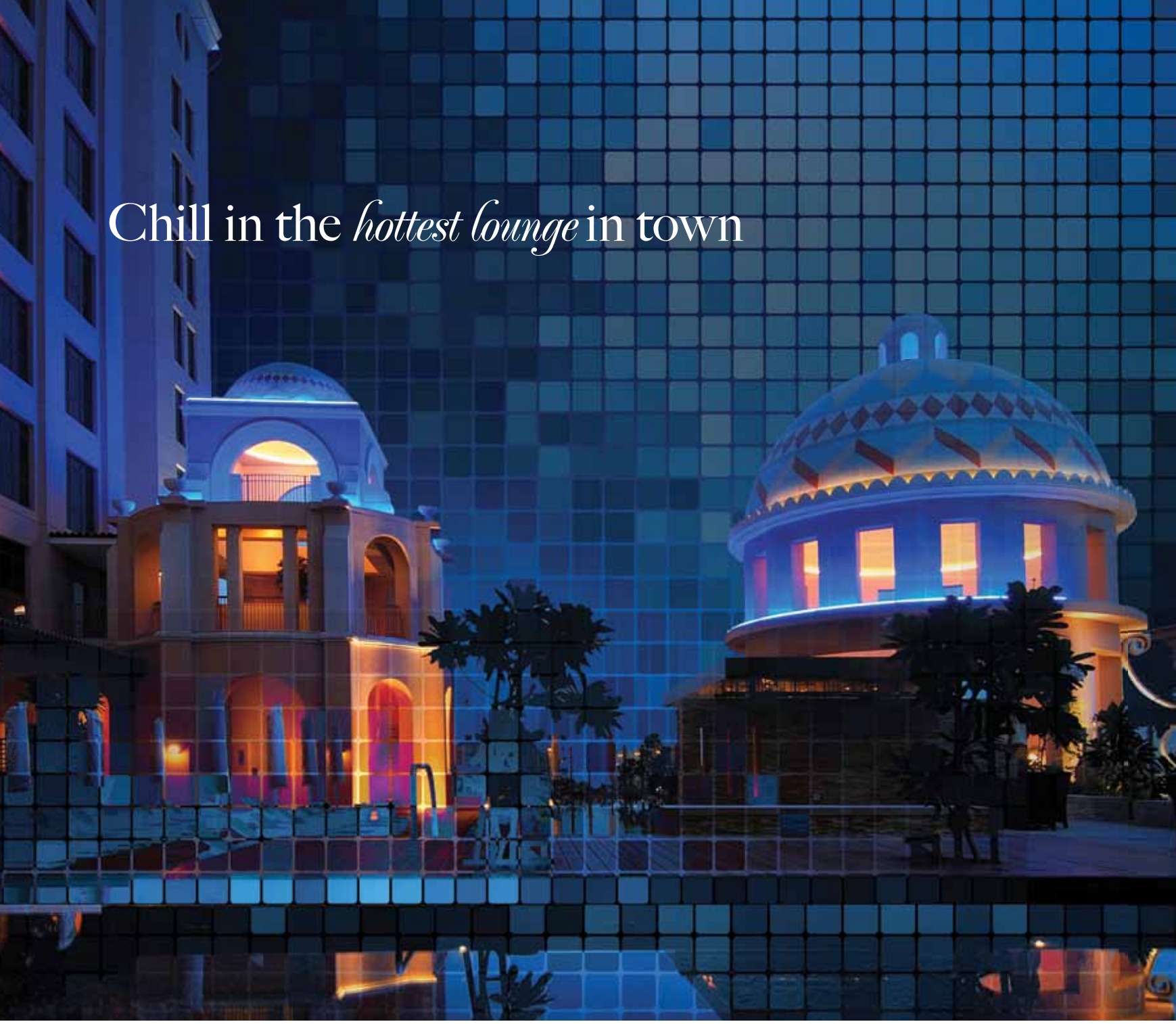
DESSERT

Jack fruit and pineapple crumble

SERVES 4
Served with sesame ice cream and luke warm red bean. A recipe from the Channels menu

150g pineapple
150g jack fruit
5g cinnamon powder
15g butter
2g cloves powder
1g anise powder
15g corn flour
30g sesame ice cream
25g red Japanese red beans
FOR THE CRUMBLE MIX:
50g butter
50g sugar
50g almond powder
50g flour
almond essence

1 In pan over a low heat melt the butter add the pineapple, jack fruit plus cinnamon, cloves and star anise powder, then add the corn flour and cook until it becomes thick.
2 Add the filling on top of the half-baked tart dough, then add the crumble mix on the top and bake in oven at 180 degrees C for about 20 mins.
3 When the crumble warms, serve topped with a scoop of black sesame ice cream and warm red bean compote.



Mosaic Chill, your favorite hangout, is open again, with exciting offers! Come, sink into plush and soft bean bags under the cool night sky… Savor delicious drinks and bar bites by the inviting poolside, enveloped by the heady perfume of Oriental shisha…

For reservations, please call +971 4 409 5999 or email restaurants.malloftheemirates@kempinski.com

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DUBAI

A Foodie's guide to New York City

There are so many things to love about New York. It's one of those places that can be all things to all people. Whatever it is you're looking for, you can find it here—art, culture, music and of course, food! Dubai-based food blogger *Nausheen Noor* gives us her guide to the city

WHERE TO EAT

Il Buco – A tiny, romantic restaurant, that serves Mediterannean-inspired dishes. Take a peek downstairs at their wine cellar; it inspired Edgar Allan Poe to write the Cask of Amontillado.

Eataly – Mario Batali, among others, has created this enormous Mecca to Italian food. You can shop for some of the finest ingredients, or pull into one of their cafés for a quick bite.

Momofuku – This restaurant is what New York City food is all about. Exciting, adventurous, creative and demonstrative of the melting pot that is New York. It's what made David Chang a superstar. Grab a seat at the long communal wooden table in the late afternoon, after the lunch rush and pre-dinner. You'll have the tiny restaurant to yourself and then it won't be embarrassing when you tuck into their special buns (hong-kong style steamed buns with a variety of fillings) and a big bowl of ramen. The specials change every day.

Prime Meats – Brooklyn has been a food destination for ages, and in recent years many popular restaurateurs have been starting their growing their empires in the outer boroughs. This beautifully decorated, turn of the century style, farm to table restaurant is one of the best.

Edi and the Wolf – My sister-in-law introduced me to this tiny, charming gem of a restaurant in Alaphabet City, a formerly rough and currently bohemian neighbourhood. At first I was hesitant to try Austrian food, but the mushroom spatzle and delicately crumbed weiner schnitzel won me over.

Artichoke – No trip to NY is complete without a good NY slice. While there are many spots that will give you a perfectly decent slice of pizza, Artichoke is special.

WHERE TO DRINK

Employees Only – when walking into this tiny, art deco bar, you'll feel as though you've been transported to the roaring twenties.

Little Branch – this tucked away bar has some of the most dedicated staff in New York. Tell the bartenders your favourite flavour and liquor, and they'll whip up a cocktail just for you.

WHERE TO SHOP

ABC Home & Carpet – You may need a full day to explore this incredible, six-storey home furnishings store. It is stocked with exquisite, unique items from all over the globe. If all that shopping makes you hungry, grab coffee and cake at the attached ABC Kitchen.

Union Square Greenmarket – You never have to wonder what's in season once you make it here. Located in one the busiest area of the city, the market is open Mondays, Wednesdays, Fridays and Saturdays and exhibits products from 140 regional farmers, fishermen, and bakers who sell their products to a devout legion of city dwellers who support local agriculture with their food dollars. Feeling peckish? Grab a quick snack at the nearby Baked by Melissa bite sized cupcakes in every one of your favourite flavors, without any of the guilt.

MOMA Design Store – They know how to take the most ordinary household items and transform them into beautiful works of art, form and function! Phillippe Starck Juicer or an Alessi timer, it's stocked with all kinds of things to make your home kitchen beautiful.

WHERE TO JUST... ROAM AROUND

Walk across the Brooklyn Bridge and if you have time, make your way to Carroll Gardens, one of the most charming neighbourhoods in Brooklyn. Court and Smith streets are packed with small boutiques and cafes.

Reservoir in Central Park – Central Park is an oasis in the middle of the city. I love walking around the reservoir with the stately buildings of the Upper East and West sides looming above it.

The Highline – Once abandoned, overgrown elevated railroad tracks, in 2008 the Highline opened as a public park. It has also become something of a food destination. Stop by Something on Tap for some Thai Chicken dumplings and beer, continue on upstairs to the highline for a walk and some artisanal gelato or a coffee at one of the many stalls.













For more musings, recipes and culinary adventures check out www.dubai-bites.com or follow on Twitter, @ DubaiBites or facebook.com/dubaibites

New York cheesecake

Angela Nilsen tackles her latest challenge – how to keep a cheesecake creamy and decadent while making it healthier and lighter

Photographs SIMON WHEELER







New York cheesecake

CUTS INTO 10 slices ● PREP 25 mins ● COOK 45 mins plus 3½ hrs cooling and overnight chilling Easy

FOR THE BASE
35g/1¼oz butter
85g/3oz reduced-fat digestive biscuits, finely crushed
FOR THE FILLING
2 x 300g tubs light soft cheese, room temperature (I used Philadelphia)
175g/6oz golden caster sugar
3 tbsp cornflour
1½ tsp finely grated lemon zest, preferably using a Microplane grater
1 tsp lemon juice
1 tsp vanilla extract
3 eggs, room temperature, beaten
150g/5oz fromage frais
FOR THE TOPPING
25g/1oz golden caster sugar
225g punnet blueberries
½ tsp finely grated lime zest
100g/4oz fromage frais

1 Heat oven to 180C/fan 160C/gas 4. Line a 20cm loose-bottomed or springform tin with baking parchment and stand it on a baking sheet. Melt the butter and stir in the biscuit crumbs. Press the mix into the base of the tin, then bake for 10 mins. Remove from the oven and raise the temperature to 240C/fan 220C/gas 9.
2 For the filling, beat the soft cheese just until smooth with an electric hand mixer on low speed. Gradually add the sugar, also on a low speed, then the cornflour without overbeating. Scrape the sides of the bowl. Slowly whisk in the lemon zest and juice, the vanilla, then the eggs. Scrape the sides of the bowl, then finally whisk in the fromage frais. The mixture should be smooth and quite runny.
3 Pour the filling over the crumb base. Jiggle the tin to level the mix and squash surface bubbles with the back of a teaspoon. Bake for 10 mins, then lower the heat to 110C/fan 90C/gas ¼. Bake another 25 mins and, if you are using an electric oven, leave the oven door slightly ajar for the first 3 mins. After the 25 mins, shake the tin and there should be a wobble in the centre of the filling. If left until firmer it is more likely to crack later. Turn off the oven, keep the door closed and leave the cake in for 2 hrs. Open the door, loosen the top edges of the cake with a round bladed knife, then leave in the oven to cool gently for another 1-1½ hrs.
4 Meanwhile, put the sugar for the topping in a small pan with 3 tbsp water. Bring to a simmer, stirring to dissolve the sugar, then let it bubble for 1-2 mins to make a thin syrup. Tip in the blueberries, gently stir and cook for about 1 min, just to slightly burst the fruit and release the purple juices. Stir in the lime zest, then leave to cool.
5 Spread the fromage frais over the top of the cooled cheesecake. Cover with foil and chill for at least 4 hrs (or overnight). Remove from the fridge 1 hr before serving, loosen the sides of the cheesecake completely, remove from the tin, then slide onto a plate, peeling off the paper as you do. Slice with a sharp knife and serve each wedge topped with a spoonful of syrupy blueberries.

PER SLICE 315 kcalories, protein 9g, carbohydrate 37g, fat 15g, saturated fat 8g, fibre 1g, sugar 28g, salt 0.89g

MAKING IT HEALTHIER

A slice of traditional cheesecake contains 519 kcalories, 38g fat (21g of which is saturated fat). My version contains 315 kcalories, 15g fat (8g is saturated fat). Here's how I did it:

REDUCED THE FAT Made crust thinner and used reduced-fat biscuits. Used light, soft cheese instead of full-fat and fromage frais instead of soured cream. Used whole eggs rather than whole eggs and yolks.

REDUCED THE SUGAR Omitted sugar from the base and reduced it in the filling.

FOOD STYLING ANGELA NILSEN | STYLING SUE ROWLANDS

Lemon meringue pies

1 hour + cooling ● Serves 6 ● A little effort

Adding the sugar to the meringue once soft peaks have formed is important because the whites won't whisk to their full volume if the sugar is in the bowl with them from the start. Undissolved sugar contains moisture, which can ruin a meringue; that's why sugar should be added a little at a time so that it has the chance to dissolve completely. Use chef's tart rings to get a straight-edged finish.

sweet dessert pastry 350g
(look for an all-butter one)
MERINGUE
egg whites 2
caster sugar 100g
LEMON FILLING
cornflour 2 level tbsp
caster sugar 100g
lemons 2 large, zested
lemon juice 175ml
butter 85g chilled and diced
egg yolks 3 plus 1 whole egg, beaten

1 Heat the oven to 190C/fan 170C/gas 5. Roll out the pastry to the thickness of a 20p piece. Put 6 tart rings (about 10cm) on a large baking sheet and line with the pastry, leaving the sides overhanging a little to prevent shrinkage (or use 10cm tart tins). Fill each ring with scrunched-up baking paper and beans and bake blind for 10 minutes. Take out the beans and paper and cook for another 5-10 minutes until there are no uncooked pastry patches. Trim the edges flush with the tart rings.
2 To make the lemon filling, mix the cornflour, sugar and lemon zest in a pan. Sieve in the lemon juice gradually then stir in 150ml water. Cook over a medium heat, stirring constantly, until thickened and smooth. Once the mixture bubbles, remove from the heat and beat in the butter until melted. Stir the eggs into the pan and return to a lowish heat. Keep stirring for a few minutes, until the mixture thickens and just bubbles. Take off the heat and leave to cool a little then divide between the pastry cases.
3 Put the egg whites in a clean bowl, whisk to soft peaks then start adding the sugar a tbsp at a time whisking each one in. Keep going until all the sugar is used up and the meringue is stiff and shiny.
4 Pile spoonfuls of the meringue on top of the filling. Put the tarts back in the oven for 10-15 minutes until the meringue is peaked with gold. Cool completely before serving.

PER SERVING 586 kcals, protein 7.2g, carbs 66.6g, fat 34.2g, sat fat 14.7g, fibre 1.1g, salt 0.67g

Sweet success

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Food for the Weekend

- Let's eat outside
- BBQ supper for two
- Steak and chips
- Picnic classics


86 Steak & clever chips


79 Chicken & ham sandwich pies


90 Bacon-wrapped chicken drumsticks


82 BBQ supper for two

It's party time!

Let's eat outside

Whether you want lunch in the garden or top-notch picnic fare, the Good Food team have ideas for every occasion

Photographs CAROLYN BARBER



Grilled corn with coriander butter

SERVES 4 ● PREP 5 mins plus chilling ● COOK 5 mins Easy

4 corn on the cobs
50g/2oz soft butter
small bunch coriander, chopped
small red chilli, deseeded and finely chopped
1 garlic clove, crushed

1 Mash butter, coriander, chilli, garlic and a good pinch of salt with a fork. Place on a piece of cling film, form into a sausage shape, then freeze for 15 mins until hard.
2 Cook the corn in boiling salted water for 5 mins, until tender, then drain. Place on the barbecue grill to char the edges.
3 Cut the butter into slices about 1cm thick, pop on top of the warm corn and allow to melt.

PER SERVING 189 kcals, protein 4g, carbs 18g, fat 12g, sat fat 7g, fibre 2g, sugar 2g, salt 0.16g

Barbecue lamb & courgette salad

SERVES 3 ● PREP 20 mins plus marinating ● COOK 20 mins Easy

This all-in-one salad makes light work of a summer meal and the most of the barbecue.

9 lamb cutlets, French trimmed
3 lemons, 1 zested and juiced, others each cut into 4 fat slices olive oil
250g/9oz baby courgettes, halved lengthways
small bunch of mint, leaves picked
400g can butter beans, drained
1 red chilli, deseeded and finely chopped
4 spring onions, finely sliced
140g/5oz feta, crumbled

1 Marinate the lamb cutlets in the lemon juice and 4 tbsp olive oil for about 20 mins. Brush courgettes with another 2-3 tbsp olive oil and season.
2 Lift the lamb cutlets out of the marinade, season well and barbecue or griddle for 1-3 mins on each side.

TIP If you want to take this tart to a picnic, then leave it to cool and transport in its tin. Take a knife and serving plate or board along with you as well, then turn the tart out and portion at the picnic.

Barbecue or griddle the courgettes for 2-3 mins on each side until tender and charred. Barbecue or griddle the lemon slices for 30 secs-1 min each side to char and caramelise slightly.
3 Transfer the lamb and courgettes to a platter. Scatter on the mint, lemon zest, butter beans, chilli, spring onions, feta and seasoning, and gently toss. Drizzle with olive oil and add the barbecued lemons to the platter to squeeze over.

PER SERVING 596 kcals, protein 53g, carbs 15g, fat 37g, sat fat 16g, fibre 4g, sugar 5g, salt 2.40g

MAKE OUR COVER RECIPE



PHOTOGRAPHS PETER CASSIDY | FOOD STYLING LIZZIE HARRIS | STYLING SUE ROWLANDS



TIP
If you want to take this tart to a picnic, then leave it to cool and transport in its tin. Take a knife and serving plate or board along with you as well, then turn the tart out and portion at the picnic.

Double cheese & onion soufflé tart

SERVES 8 ● PREP 15 mins ●
COOK 1 hr 10 mins Moderately easy V

375g pack shortcrust pastry
75g/2½oz parmesan or vegetarian alternative, grated
4 tbsp onion chutney
50g/2oz butter
50g/2oz plain flour
300ml/½pt milk
3 eggs, separated
300g/11oz soft rindless goat's cheese
1 tbsp thyme, leaves only, chopped

1 Heat oven to 200C/180C fan/gas 6. Roll the pastry out on a floured surface until almost large enough to line a 22cm loose-bottomed tart tin, sprinkle over about a third of the Parmesan, then continue rolling to push the cheese into the pastry. Line the tin with the pastry, leaving any excess overhanging. Line the tart with parchment paper and baking beans and bake blind for 20 mins. Gently remove the paper and beans and bake for a further 10 mins until pale golden and cooked.
2 Spread the chutney in an even layer over the bottom of the pastry case, then set aside while you make the filling.
3 To make the filling, melt the butter in a pan over a low heat, then add the flour and cook for 2 mins, stirring all the time. Gradually pour in the milk and continue stirring until you have a smooth, thick sauce. Cook for a further 2 mins, remove from the heat and cool for 3 mins.
4 Crumble 200g of goat's cheese, the thyme and the rest of the Parmesan into the sauce. Beat until cheese melts, then add egg yolks one at a time, beating between each addition. Whisk egg whites to stiff peaks, stir 1 spoonful into the sauce and mix, then tip in the rest of the whites and gently fold until well combined.
5 Spoon the filling on top of the onion chutney, crumble over the remaining goat's cheese, then transfer to the oven and bake for 25-30 mins, until golden and well risen. Allow the tart to cool slightly before trimming the edges and serving, or enjoy cold with a green salad, if you like.

PER SERVING 456 kcals, protein 16g, carbs 32g, fat 30g, sat fat 15g, fibre 1g, sugar 5g, salt 1.38g

Chicken & ham sandwich pies

MAKES 10 ● PREP 20 mins plus rising ● COOK 30 mins Easy

2 cooked chicken breasts, chopped
100g/4oz sliced turkey ham, chopped
6 spring onions, finely chopped
100g/4oz strong cheddar, grated
3 tbsp full-fat soft cheese
2 tsp English mustard
500g pack bread mix
plain flour for dusting
1 egg, beaten

1 Make the filling by mixing the chicken, ham, spring onion, cheeses and mustard with some seasoning, stir well to combine, then pop in the fridge until later. *You can do this up to a day ahead.*
2 Make the bread mix following pack instructions. Divide the dough into 10 equal pieces, shape into balls then roll out on a floured surface into circles measuring 12cm across.
3 Heat oven to 200C/180C fan/gas 6. Grease 10 holes of a muffin tin. Put a dough circle into one of the holes, push in lightly, then fill with 2 tbsp of the filling mix. Gather the dough together with your fingers and pinch to create a little parcel that looks a bit like a big flower – don't worry about totally sealing the dough as the filling will bubble through anyway, which makes the parcels look even better. Keep doing this until you have used all the dough and filling mix.
4 Brush the parcels with beaten egg and cook for 25-30 mins until golden and risen. Enjoy warm in the garden or leave to cool and transport in the tin to a picnic. Serve with a spoonful of your favourite chutney, if you like.

PER SERVING 270 kcals, protein 19g, carbs 30g, fat 9g, sat fat 4g, fibre 3g, sugar 2g, salt 1.73g



One-pan roast chicken & potatoes

SERVES 4 ● PREP 15 mins ●
COOK 1 hr 40 mins plus resting Easy

1.5kg/3lb 5oz medium chicken
6 lemons, halved
4 rosemary sprigs
2 onions, quartered
9 garlic cloves
1 tbsp thyme leaves, chopped
2 tbsp olive oil
500g/1lb 2oz baby new potatoes, halved
3 lemon thyme sprigs

1 Heat oven to 190C/170C fan/gas 5. Stuff the chicken cavity with 2 lemon halves, 2 rosemary sprigs, 4 onion quarters and some seasoning. Put the chicken into a large roasting tray.
2 Crush 3 garlic cloves, then add to a small bowl with the thyme leaves and olive oil, mix, then rub this all over the chicken with some seasoning.
3 Arrange the potatoes around the chicken with the rest of the lemons and onions, rosemary and whole garlic cloves, and lemon thyme. Cook in the oven for 1 hr 20 mins, turning the potatoes in the pan once or twice. To check if the chicken is cooked, pierce the thigh with a skewer and the juices should run clear.
4 Remove the chicken from the tray and place on a serving dish or board to rest for 15-20 mins. As you lift the chicken, let any juices pour back into the tray. Increase oven temperature to 200C/180C fan/gas 6 and cook the potatoes for a further 10-15 mins or until tender.
5 If you want gravy, use a slotted spoon to remove the potatoes from the tray to a serving bowl, then use a potato masher to mash all the juices, lemons, herbs and garlic together in the roasting tray, adding a splash of water if it's too pulpy. Push this mix through a sieve, taste the gravy and add some more seasoning if you need to. Bring everything into the garden so everyone can help themselves

PER SERVING 670 kcals, protein 51g, carbs 28g, fat 40g, sat fat 11g, fibre 2g, sugar 7g, salt 0.48g





Guiltless Grill Salmon – Salmon fillet seared to perfection, served with black beans and steamed seasonal veggies with parmesan cheese.





Guacamole – Fresh avocadoes, tomatoes, onions, jalapenos and mixed spices, drizzled with freshly squeezed lime.



Chicken Spiedini – Juicy seasoned chicken breast, grilled on rosemary skewers and served with roasted vegetables.



Pad Thai – Thai style stir-fried noodles with prawns.



Vegetarian Burrito – Vegetable filled flour tortilla, topped with red bell pepper sauce, with rice and refried beans.



Veggie Calzoni – A fold of your favourite pizza toppings and healthy vegetables.

Eating healthier

It's the perfect time to get family or friends together for casual, outdoor eating - whether it's a BBQ at home or a picnic in the park, the beach or the mountains. Nothing beats the taste of food in the open air with loads of tasty treats to share, but why not order some healthy deliveries from the restaurants in the Saleh Bin Lahej Group and focus on having fun whilst eating well.



Executive Chef/Culinary Director, Mohammed Abd Salam's tips for healthy, outdoor eating!

How can they keep their outdoor food healthy?
Always consider the dietary requirements of your body. You have to understand that some fats are good for you. Avoid fried and added cheese, instead always go for items with these key words – baked, broiled, grilled, poached, roasted or steamed. Eat fish because it adds omega-3 fatty acids to your diet. Ask for low-fat, low-salt and low-cholesterol menu items from the chef. And there are always healthy food options and healthier substitutes across different cuisines. For American, you can replace French fries with vegetables or request to have your chicken skinless. For Italian, look for items using Primavera, Marsala, Marinara or clam sauce. For Mexican, order black beans and grilled items and, if you order fajita, have it to share. For Thai, you can try spring rolls, soup and stir-fried vegetables. For Pizzeria, you can always start with a salad, then a thin pizza crust with vegetable topping and limit yourself to a maximum of two slices.

What sort of dishes make sense to order from a restaurant for a BBQ or a family picnic?
It is always perfect to have a grilled item for any outdoor gathering as it brings this home-style kick into the whole mood. Any grilled main course should always be complemented by a side, fresh salad, some finger sweets and, of course, an ice-cold drink. One convenient way to enjoy a family picnic meal is to order a Party Platter from Chili's - a shareable portion packed in a re-sealable container which makes it perfect for that outdoor BBQ or picnic.

Should you have special child-friendly dishes?
It is always advisable to prepare something special for the kids, so they can enjoy the outdoor eating as well. And from the variety of offerings across our restaurant brands, we make sure that we are able to cater to all members of the family. Hence, child-friendly dishes are always available on our menus, such as kids' classic finger food favourites – Grilled Cheese or Club Sandwich, Chicken Crispers or Fried Chicken and Margarita Pizza.

What sort of personal touches can they add?
It's as simple as creating a colour theme for the plates, cutleries and napkin, preparing your own special sauces, adding some garnishes like fresh vegetables or fruits that they can also eat to complementing your BBQ restaurant take-outs with one of your own special recipes.

Pick just one dish from the whole range available across all the SBLG-HD outlets!
Quesadilla Explosion from Chili's. It consists of a fajita-marinated chicken with corn relish, mixed cheeses, cilantro, diced tomato and crispy tortilla strips and garnished with an ancho-ranch drizzle and cheese quesadilla wedges. I love this dish because it is fresh and healthy and the ingredients contain the five balanced food groups diet that our body requires - protein, carbohydrates, fats, minerals and vitamins.

The Saleh Bin Lahej Group-Hospitality Division had been operating from its humble beginning in 1997, opening the first Chili's Restaurant in Dubai. Since then, it has grown and now operates six casual dining restaurant brands with 35 branches around the GCC.

We understand the value that our brands play in developing sustainable growth, so we continue to develop an aggressively comprehensive and complementary portfolio that allows us to connect with a diverse range of consumers across a broad spectrum of cuisine offerings. Our commitment to customer satisfaction and market awareness is illustrated in our constant effort to introduce culinary innovations, complemented by quality service standards that have allowed us to continually evolve with consumer trends and demands. At Saleh Bin Lahej-Hospitality Division, we are in continued pursuit to "Serving You a World of Taste".

BBQ supper for two

BBC judge Paul Hollywood may be the baker in the house, but his wife, Alex, is in charge of the barbecue. These recipes are their favourites for dinner together in the garden



Serve everything at once, then relax and enjoy time together

PHOTOGRAPHS PETER CASSIDY | FOOD STYLING JAYNE CROSS | STYLING RACHEL JUKES | WINE NOTES SARAH-JANE EVANS MW

Paul and I met in Cyprus. I have wonderful memories of weekends spent exploring small villages and eating dishes like this marinated lamb cooked over an open fire. Our love of food definitely brought us together ALEX HOLLYWOOD

Great for a BBQ



Tomato & melon salad

SERVES 2 ● PREP 20 mins ● NO COOK
Easy V **Superhealthy** Good source of vit C, counts as 5 of 5-a-day

This is a starter but I leave leftovers on the table as it goes so well with everything else.

½ ripe green or orange-fleshed melon, cut into large chunks
¼ cucumber, peeled and chopped into chunks
3 vine tomatoes, chopped
½ bunch mint, roughly chopped
½ bunch coriander, roughly chopped
1 tbsp olive oil
¼ tsp mint sauce
toasted baguette, to serve

Gently combine the melon, cucumber, tomatoes and herbs in a large bowl. Mix the olive oil and mint sauce with some seasoning, then pour over the other ingredients and stir again to coat in the mint dressing. Serve chilled, with slices of toasted baguette, rubbed with a fresh cut garlic clove if you like.

PER SERVING 144 kcals, protein 4g, carbs 19g, fat 6g, sat fat 1g, fibre 5g, sugar 19g, salt 0.12g



New potato & sundried tomato salad

SERVES 2 ● PREP 20 mins ● COOK 15 mins Easy V

500g/1lb 2oz new potatoes
4 tbsp crème fraîche
4 tbsp mayonnaise
1 tbsp olive oil
pinch caster sugar
8-10 sundried tomatoes, sliced
small bunch parsley, roughly chopped
2 spring onions, sliced

1 Cook the potatoes in plenty of boiling, salted water until tender. Drain and cool under cold running water. Remove the skins and set the potatoes aside for later.
2 In a small bowl, mix the crème fraîche, mayonnaise and olive oil with the sugar and some seasoning. Then stir in the tomatoes, parsley and spring onions.
3 Add the potatoes and coat in the creamy dressing, trying not to break up the potatoes. *This can be made a day ahead and stored in the fridge.*

PER SERVING 594 kcals, protein 8g, carbs 50g, fat 42g, sat fat 12g, fibre 5g, sugar 8g, salt 2.34g



Barbecued lamb with sweet mint dressing

SERVES 2 ● PREP 20 mins plus marinating ● COOK 20 mins Easy

2 tbsp soft light brown sugar
juice and zest 1 lemon,
125ml/4fl oz olive oil
8 tbsp balsamic vinegar
2 garlic cloves, crushed
4 tbsp chopped mint
½ boneless leg of lamb, about 400g/14oz (for how to do this yourself, see p14)

1 Make the marinade: mix the sugar, lemon juice and zest with the olive oil, balsamic and some seasoning. Stir to dissolve the sugar then mix in the garlic and mint. Reserve half of the marinade to use as a dressing for the lamb later.
2 Open out the meat and lay it in a deep tray. Pour the marinade on top then turn to coat all over in the mix. Cover with cling film and leave for 1 hr or overnight in the fridge.
3 Remove the lamb from the fridge and shake off any excess marinade back into the tray. Insert a skewer so that it goes from one corner to the opposite one. Do the same with another skewer in the opposite direction – this makes it really easy to turn the meat on the barbecue.
4 Heat a barbecue or griddle pan until it's a medium heat. Cook the lamb for 15-20 mins, turning frequently for pink lamb or longer if you prefer it more done. When cooked, rest for 5-10 mins before taking out the skewers, slicing and serving with the reserved marinade for pouring over.

PER SERVING 803 kcals, protein 39g, carbs 23g, fat 62g, sat fat 16g, fibre none, sugar 22g, salt 0.25g

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As the festive season draws nearer, celebrate in style with these vibrant wine glasses.

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Afternoon tea has never been so delightful! Stack your dainty sandwiches and cream scones for a decadent tea to remember. Plates range from AED 12, while the tiered stands, available in grape, ginger, gold and mauve colours are AED 65 a piece.

Steak & chips

Treat someone special to the ultimate bistro dinner at home without breaking the bank BARNEY DESMAZERY Food editor



Steak & clever chips

SERVES 2 ● PREP 20 mins plus chilling ● COOK 30 mins Moderately easy

600g/1lb 5oz medium-sized King Edward or Maris Piper potatoes
sunflower oil, for frying
2 x 200g/8oz beef steaks
2 handfuls mixed leaves
dressing of your choice, to serve
FOR THE BUTTER
50g/2oz butter, softened
small handful parsley leaves, finely chopped
1 small garlic clove, minced (optional)
small squeeze lemon juice

1 First make the butter: mash all the ingredients together with lots of cracked black pepper. Pat the butter flat between cling film (it'll chill quicker when thinner) and put in the fridge or freezer to harden.

2 Cut the potatoes into neat chips, rinse under hot water, then dry on a tea towel. Place the chips in a deep saucepan (they should only come up a third of the way) and just cover with cold oil. Place the pan on a medium heat, bring the oil to a simmer and give the chips a stir with a wooden spoon. Increase the heat so the oil bubbles really quickly and fry the chips, stirring occasionally so they don't stick, until crisp and golden – the whole process will take 15-20 mins. When they are done, scoop out with a slotted spoon onto a plate lined with kitchen paper and set aside.

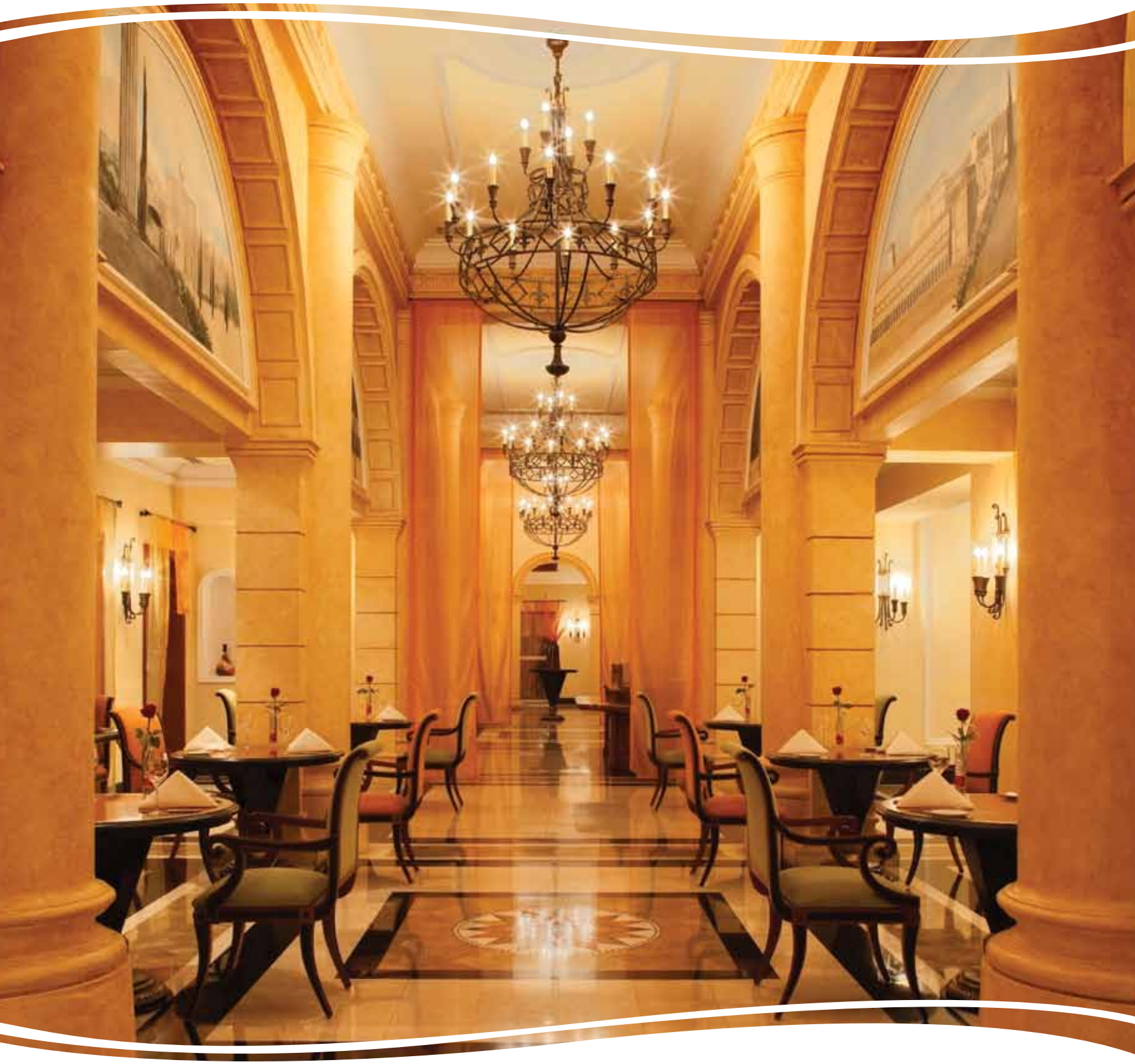
3 Meanwhile, heat the griddle pan until smoking hot. Season the steaks with salt and pepper and rub with a little oil – how you cook your steak will depend on the cut you have chosen and its thickness. For a steak that's 2cm thick, cook it for 2 mins on each side for rare, adding 1 min more for every increasing degree of doneness. Just before lifting the steaks off the griddle, place half the butter on top of each. Serve the steaks with the chips, some mixed leaves and a tangy dressing.

PER SERVING 980 kcals, protein 46g, carbs 52g, fat 67g, sat fat 25g, fibre 5g, sugar 2g, salt 0.66g

PHOTOGRAPHS PETER CASSIDY | FOOD STYLING LIZZIE HARRIS | STYLING SUE ROWLANDS

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James Martin's
KITCHEN

Picnic classics

The best picnic dishes are easy to eat, even easier to transport and packed with flavour. These fit the bill perfectly – all you need now is the sunshine!

JAMES MARTIN BBC *Saturday Kitchen* presenter



Layered salad with Parmesan croutons – recipe, p90 By layering these ingredients in a particular order you can prepare this ahead, all in one container, without the dressing making everything soggy

PHOTOGRAPHS GARETH MORGANS | FOOD STYLING SARAH COOK AND ROSIE REYNOLDS | STYLING LISA HARRISON

I love tucking into these little pies on a sunny picnic – just be sure to pack a jar of your favourite pickle, chutney or mustard



Mini pies
– recipe, p90

Layered salad with Parmesan croutons



SERVES 6 ● PREP 15 mins ● COOK 25 mins Easy V
Good for you

3 thick slices white bread (day-old is better)
1 tbsp olive oil, plus extra for greasing
75g/2½oz Parmesan (or vegetarian alternative), 25g grated, 50g shaved
500g/1lb 2oz new potatoes, thickly sliced
200g/7oz green beans
4 Baby Gem lettuces, leaves separated and torn
FOR THE DRESSING
150g pot fat-free yogurt
25g/1oz Parmesan, finely grated
juice ½-1 lemon, depending on taste
2-3 tbsp olive oil
2 tbsp white wine vinegar
dash Tabasco sauce
1 garlic clove, crushed

1 Heat oven to 220C/200C fan/gas 7. Cut the bread into bite-sized chunks and toss with the olive oil and some seasoning. Put onto a well-oiled baking tray and sprinkle on the grated Parmesan – try to get it on the bread as much as possible, rather than the tray, or it will stick. Cook for 10-12 mins until golden and crisp. Remove and cool.
2 Cook the potatoes in a large pan of boiling water for about 8 mins, then add the green beans and cook for about 2-3 mins more until both are tender. Drain and cool under cold running water, then set aside. Mix all the dressing ingredients with some seasoning and pour into the bottom of a large, deep container or bowl.
3 Layer up the salad on top of the dressing, starting with the potatoes, then the green beans, the salad leaves, the shaved Parmesan and finally the croutons. It is important to layer the salad in this order to stop the leaves wilting or the croutons going soggy. Chill until ready to go. To serve, toss all the ingredients together.

PER SERVING 274 kcals, protein 12g, carbs 28g, fat 13g, sat fat 4g, fibre 2g, sugar 5g, salt 0.62g

Mini pies



MAKES 12 ● PREP 40 mins ● COOK 1 hr 15 mins
Moderately easy ❄ P

800g/1lb 12oz lean pork, chicken or beef mince
1 large onion, finely chopped
1 tsp freshly grated nutmeg
1 tsp English mustard powder
1 tbsp Worcestershire sauce
FOR THE PASTRY
200g/7oz lard
750g/1lb 10oz plain flour, plus extra for dusting
oil, for greasing
1 egg, lightly beaten

1 Mix the filling ingredients and season. Grease 12 holes of a muffin tin and line each with a strip of baking parchment, to make pies easier to remove from tins.
2 To make pastry, bring the lard and 250ml water to the boil in a small pan. Sieve the flour into a food processor and add 2 tsp salt. While processor is on, pour in lard and water mix, then blend until you have a smooth dough. Turn out into a bowl and remove two-thirds, covering the final third with a tea towel to keep warm.
3 Roll larger piece out on a floured surface to about 2-3mm thick – work quickly as the dough is easier to work with when warm. Cut out 12 x 11cm circles using a pastry cutter. Line each hole of the tin with the circles, pushing them in with your fingers and leaving a slight overhang.
4 Heat oven to 180C/160C fan/gas 4 and put in a baking tray. Divide filling between pastry cases, pushing down lightly. Roll out remaining pastry on a floured surface and stamp out 12 x 8cm circles. Brush edges of filled cases with egg, then put lids on top. Pinch together and crimp the edges with your fingers. Brush with beaten egg and set aside the rest for later.
5 Bake in oven for 30 mins, then remove the tin and tray, and gently take the pies out of the holes. Brush the sides and top again with egg and place directly onto the baking tray. Turn oven to 200C/180C fan/gas 6 and cook for 25-30 mins until the sides are set and tops a deep golden colour. Remove and cool on a wire rack.

PER SERVING 494 kcals, protein 23g, carbs 51g, fat 24g, sat fat 9g, fibre 2g, sugar 2g, salt 1.01g



Bacon-wrapped chicken drumsticks

SERVES 6-12 ● PREP 10 mins ● COOK 50 mins Easy P
juice 1 lemon, plus extra wedges to serve
2 garlic cloves, crushed
12 chicken drumsticks
12 rashers smoked streaky bacon
crusty baguette, to serve

1 Heat oven to 200C/180C fan/gas 6. Mix together the lemon juice and garlic with some seasoning. Prick the chicken several times with a sharp knife and drizzle with half the garlicky lemon juice. Wrap each one in a rasher of bacon and put in a single layer in a roasting tin. Drizzle on the remaining lemon juice.
2 Cook for 45-50 mins until the chicken is cooked through and the bacon is starting to crisp up. Flash under a hot grill if you like your bacon really crisp.
3 Eat warm or allow to cool, then chill until you're ready to pack up in an airtight container. Eat with crusty bread and some extra lemon squeezed over the chicken, if you like.

PER SERVING (6) 286 kcals, protein 34g, carbs none, fat 17g, sat fat 6g, fibre none, sugar none, salt 1.45g



Picnic plait



Moroccan-style houmous

Healthy picnics

Lighter versions of picnic classics

Recipes JUSTINE PATTISON Photographs PETER CASSIDY



Sticky chicken drumsticks



Bombay samosas

STYLING SARAH BIRKS | FOOD STYLING LIZZIE HARRIS

Moroccan-style houmous

Serves 6 ● 20 minutes ● Easy

WHY IT'S LIGHTER *Use water rather than oil to blitz the chickpeas and add flavour with onions and spices.*

olive oil
onions 11/2 medium, finely sliced
garlic 2 cloves, crushed
ground cumin 2 tsp
ground coriander 1/2 tsp
chickpeas 410g tin, drained and rinsed
lemon juice 1-2 tsp
tomato 1/2, roughly chopped

1 Heat 11/2 tbsp oil in a large non-stick frying pan and fry the onion for 8-10 minutes until softened and browned. Add the garlic and cumin and cook for a minute.
2 Scoop out 2 tbsp of the onion mixture and put into a bowl then return the pan to the heat. Add the ground coriander and cook for 2 minutes more. Add 2 tbsp chickpeas to the bowl with the reserved onion and put the rest in a food processor.
3 Add the onions from the pan to the food processor, pour over 100ml water and blitz until as smooth as possible. Season well, add lemon juice and blitz again. Spoon into a serving dish. Toss the reserved chickpeas and onion with the tomato. Spoon on top of the houmous.

PER SERVING 84 kcals, protein 3.6g, carbs 9.5g, fat 3.8g, sat fat 0.4g, fibre 2.3g, salt 0.24g

Picnic plait

Serves 6 ● ❄ 1 hour 15 minutes ● A little effort

WHY IT'S LIGHTER *Use sausages high in lean meat to keep the fat down.*

leek 1 medium, halved and sliced
carrot 1 medium, peeled and diced
sunflower oil 1 tsp
eating apple 1, peeled, cored and diced
dried mixed herbs a good pinch
high meat-content sausages 400g, skinned
fresh white breadcrumbs 50g
puff pastry 250g
poppy seeds 1/4 tsp

1 Fry the leek and carrot in oil until softened. Add the apple and cook for 2 minutes. Tip into a bowl, add the dried herbs, season and cool.
2 Heat the oven to 200C/fan 180C/Gas 6. Mix the sausage and breadcrumbs with the veg. Roll out the pastry to a 35 x 30cm rectangle and put on a baking tray lined with baking parchment.
3 Form the meat mixture into a long sausage shape and put in the centre of the pastry, leaving 2cm at each end. Cut 1.5cm strips away from the sausage meat along the length of the pastry. Fold in the ends and then alternate strips of the pastry up and over the sausage meat, crossing over each other neatly. Trim the excess pastry and sprinkle with poppy seeds. Bake for 35 minutes until crisp and golden.

PER SERVING 405 kcals, protein 14.2g, carbs 28.3g, fat 26.9g, sat fat 10.2g, fibre 1.9g, salt 1.48g

Bombay samosas

Makes 12 ● ❄ 45 minutes ● Easy

WHY IT'S LIGHTER *Cook the veg in water rather than frying them.*

onion 1 small, finely chopped
garlic 2 cloves, crushed
ginger a small chunk, grated
cooking oil spray
curry powder 3 tsp, mixed with 1 tsp mustard seeds
potatoes 250g, peeled and diced small
green beans 75g fine, cut into 3/4 cm lengths
frozen peas 50g
filo pastry 4 sheets, each roughly 37 x 32cm

1 Fry the onion, garlic and ginger in a spray of oil for 3 minutes then stir in the curry powder and mustard seeds. Add the potatoes and beans with 400ml water. Cook for 20 minutes until veg is soft and liquid evaporated. Add the peas for the last 5 minutes. Heat the oven to 200C/fan 180C/gas 6.
2 Spray a sheet of filo pastry with oil then cut into three strips. Put 2 tbsp of mix at the top of a strip and fold over itself into a triangle. Continue folding down the length of the pastry to make a samosa shape. Put on a non-stick baking tray. Repeat with rest

PER SERVING 68 kcals, protein 2.3g, carbs 12.8g, fat 1.2g, sat fat 0.1g, fibre 1.3g, salt 0.12g

Sticky chicken drumsticks

Makes 8 ● 1 hour + marinating ● Easy

WHY IT'S LIGHTER *Remove the skin from the drumsticks to cut the fat.*

tomato ketchup 4 tbsp
clear honey 2 tbsp
Worcestershire sauce 2 tbsp
garlic 2 cloves, crushed
chicken drumsticks 8 (800g weight raw chicken with bone no skin)

1 Mix everything but the chicken in a large bowl. Pull off the skin from the drumstick starting from the widest part. Slash through the thickest part with a knife 2-3 times. Toss with the sauce and season. Marinate in the fridge for an hour.
2 Heat the oven to 200C/fan 180C/gas 6. Arrange the chicken in a single layer in a roasting tin lined with foil. Brush with half the marinade. Bake for 15 minutes then brush with a little more marinade. Cook for another 30 minutes brushing with the rest of the marinade after 15 minutes. Serve warm or cold.

PER SERVING 101 kcals, protein 15.5g, carbs 5.4g, fat 2.1g, sat fat 0.8g, fibre 0.1g, salt 0.45g

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Make a gorgeous gourmet gift

Charm the food lovers on your Christmas list with Monaz Dumasia's tasty homemade presents Photographs LIS PARSONS

Fruity Christmas biscotti

MAKES about 72 biscuits ● PREP 15 mins ● COOK 1 hr Easy part-baked and sliced

350g/12oz plain flour, plus extra for rolling
2 tsp baking powder
2 tsp mixed spice
250g/9oz golden caster sugar
3 eggs, beaten
coarsely grated zest 1 orange
85g/3oz raisins
85g/3oz dried cherries
50g/2oz blanched almonds
50g/2oz shelled pistachios

1 Heat oven to 180C/fan 160C/gas 4. Line 2 baking sheets with baking paper. Put the flour, baking powder, spice and sugar in a large bowl, then mix well. Stir in the eggs and zest until the mixture starts forming clumps, then bring the dough together with your hands – it will seem dry at first but keep kneading until no floury patches remain. Add the fruit and nuts, then work them in until evenly distributed.
2 Turn the dough out onto a lightly floured surface and divide into 4 pieces. With lightly floured hands, roll each piece into a sausage about 30cm long. Place 2 on each tray, well spaced apart. Bake for 25-30 mins until the dough has risen and spread and feels firm. It should still look pale. Remove from the oven, transfer to a wire rack for a few mins until cool enough to handle, then turn down the oven to 140C/fan 120C/gas 1.
3 Using a bread knife, cut into slices about 1cm thick on the diagonal, then lay the slices flat on the baking sheets. The biscuits can be cooled and frozen flat on the sheet at this point, then bagged and frozen for up to 2 months. Bake for another 15 mins (20 mins if from frozen), turn over, then bake again for another 15 mins until dry and golden. Tip onto a wire rack to cool completely, then store in an airtight tin for up to one month, or pack into boxes or cellophane bags if giving as gifts straightaway.

PER BISCUIT 50 kcalories, protein 1g, carbohydrate 9g, fat 1g, saturated fat none, fibre none, sugar 6g, salt 0.06g

Italian biscuits for dipping



Presents you've made yourself have so much more meaning than something you've grabbed quickly from the shops. So, before you get too busy with all your Christmas preparations, rustle up these easy, delicious gifts – they keep very well, improve with age and can be packaged up prettily

Spiced and sweet, this liqueur is based on the classic Italian drink Arancello. It is superb served straight, over ice, or will give an exquisite orangey kick to puds and ice cream.

Spiced Arancello

MAKES about 2.5 litres ● PREP 15 mins plus 2 weeks standing ● COOK 1 hr

Easy

5 large oranges
1 cinnamon stick
2-3 cardamom pods
1 vanilla pod
1-litre bottle vodka
600g/1lb 5oz caster sugar
a few extra oranges, cinnamon sticks, cardamom and vanilla pods, to bottle

1 Pare the zest from the oranges using a peeler, making sure that none of the bitter white pith is left on the peel. Put the zest, spices and vanilla pod in one large or several smaller clean jars, then tip in the vodka. Seal and leave for a week, shaking the jar each day.
2 After one week, you're ready for the next stage. Boil a kettle of water. Put the sugar in a heatproof bowl, then pour over 500ml boiling water, stirring until the sugar dissolves. Add to the vodka mix, then leave for another week, shaking the jar regularly. Strain into decorative bottles, discarding the peel and spices, and store in a cool place until Christmas. Before giving, drop some fresh spices and peel into each bottle to decorate. Will keep bottled for 6 months.

PER SERVING (85ml) 179 kcalories, protein none, carbohydrate 27g, fat none, saturated fat none, fibre none, sugar 27g, salt none



Looks as good as it tastes



James Martin's
KITCHEN

festive baking

Get a head start on Christmas with James Martin's take on traditional recipes Photographs NOEL MURPHY

Granny Martin's Christmas puddings – recipe, p98

FOOD STYLING VAL BARRETT | STYLING JENNY IGGLEDEN



Make-ahead mince pies – recipe, p98













Granny Martin's Christmas puddings

MAKES 2 puddings, each serving 6 ● PREP 45 mins plus overnight soaking ● COOK 6 hrs Moderately easy

350g/12oz sultanas
350g/12oz currants
140g/5oz dried figs, chopped
100g/4oz mixed peel
85g/3oz glacé cherries, halved
100g/4oz dried apricots, chopped
150ml/¼pt brandy
100g/4oz stem ginger, chopped, plus 3 tbsp of the syrup
2 apples, grated
juice and zest 2 oranges
6 large eggs, beaten
250g/9oz shredded suet
250g/9oz fresh white breadcrumbs
350g/12oz light muscovado sugar
175g/6oz self-raising flour
1 tsp mixed spice
butter, for greasing

1 Soak the sultanas, currants, figs, mixed peel, cherries and the apricots in the brandy in a bowl overnight if possible or for at least a few hrs (see Know-how, below left). In a larger bowl, mix the ginger and syrup, apples, orange juice and zest, eggs, suet, crumbs, sugar and flour. Using your fingers or a wooden spoon, mix in the soaked fruit and mixed spice.
2 Butter 2 x 1.5-litre pudding basins and divide the mixture between them, filling almost to the rim. Smooth the tops and cover with 2 circles of greaseproof paper. Cover each pudding with a sheet of foil with a folded pleat down the centre, to allow the pudding to expand, and secure everything by tying it tightly with some string. Stand the puddings in a deep, large pan (or 2 if that's easier) on trivets or upturned saucers and pour boiling water around so it comes about a third of the way up. Cover the pan and steam the puddings for 5 hrs, topping up with more boiling water when necessary.
3 Let the puddings cool down before removing the foil and greaseproof paper, then cover with cling film over the top and store in a cool, dry place if you aren't using them straight away. This is the time you can drizzle them with more booze in the run-up to Christmas if you have time. To reheat, steam the pudding for 1 hr more before turning out and flaming with hot brandy.

PER SERVING 764 kcals, protein 10g, carbs 130g, fat 23g, sat fat 10g, fibre 5g, sugar 101g, salt 0.81g

KNOW-HOW

If you don't have time to soak the fruit, put it in a microwaveable bowl with the brandy and give it a quick blast in the microwave to plump it up.



Make-ahead mince pies

MAKES 12 ● PREP 20 mins ● COOK 20 mins Easy

It just wouldn't be Christmas without them!

500g block shortcrust pastry
plain flour, for dusting
250g/9oz mincemeat (see recipe, left)
1 egg, beaten
granulated sugar, for sprinkling

1 Heat oven to 220C/200C fan/gas 7. Roll the pastry out on a lightly floured surface a little thinner than a £1 coin. Stamp out 12 circles about 8cm wide, keeping all the trimmings. Use the circles to line a 12-hole, non-stick bun tin. Put a small spoonful of mincemeat in each one, but be careful not to put too much, as the suet will melt and bubble out if it has no room to spare. Re-roll the pastry trimmings and cut out another 12 circles a little smaller than the last. Brush the edges of the pastry with beaten egg, then add pastry lids, pinching the two edges together. Make a small cross with a knife in the centre of each pie.
The pies can now be frozen in the trays for up to 3 months and either defrosted and cooked as stated or cooked from frozen (see Know-how, left).
2 Brush the lids with a little more egg, sprinkle with sugar and bake for 15-20 mins until golden brown. Leave to cool slightly and serve warm.

PER PIE 259 kcals, protein 3g, carbs 34g, fat 13g, sat fat 5g, fibre 1g, sugar 14g, salt 0.45g











To finish off the cake for Christmas, you will need marzipan and icing. I much prefer homemade marzipan – it may not look as yellow as shop-bought, but it will taste much better

Fig & honey Christmas cake

SERVES 8-10 ● PREP 30 mins ● COOK 3½ hrs Moderately easy

Dry the ripe figs in August or September, then they'll be perfect for cooking in November.

750g/1lb 10oz mixed dried fruit
100g/4oz blanched whole almonds, roughly chopped
100g/4oz chopped peel
200g/8oz dried figs, roughly chopped
100g/4oz glacé cherries, well rinsed and quartered
300g/10oz plain flour
1 tsp ground cinnamon
1 tsp grated nutmeg
zest 1 lemon
250g/9oz lightly salted butter
250g/9oz light muscovado sugar
1 tsp vanilla extract
2 tbsp clear honey
1 tbsp black treacle
4 large eggs
½ tsp bicarbonate of soda
1 tbsp milk
3 tbsp brandy, plus extra to feed

1 Heat oven to 140C/120C fan/gas 1. Line the base and sides of a 20cm cake tin first with a double layer of brown paper, then with a double layer of baking parchment. In a large bowl, mix the fruit, almonds, peel, figs and cherries. Turn well and add the flour, spices and lemon zest. In a separate bowl, cream the butter and sugar thoroughly, then add the vanilla extract, honey and treacle. Still beating, incorporate the eggs, then stir in the fruit and flour mixture. Dissolve the bicarbonate of soda in the milk and stir in thoroughly. Add the brandy by the spoonful, until you have a soft dropping consistency.

2 Turn the batter into the cake tin and make a dip in the middle using the back of a spoon. Bake for 3½ hrs, then insert a skewer – if it comes out clean, it's ready. If there is any cake mix on the skewer, give it 10 mins more and test again. When it's done, remove the cake from the oven and leave to cool in its tin. The next day, remove from the tin, wrap in fresh greaseproof paper, then put it into an airtight tin or wrap tightly in foil. The usual thing is to keep the cake for at least a month before icing it, and to unwrap and sprinkle it occasionally with more brandy.

PER SERVING (10) 782 kcals, protein 10g, carbs 121g, fat 30g, sat fat 14g, fibre 5g, sugar 98g, salt 0.64g



Autumn delicious

Apples, the quintessential autumn fruit, are the perfect ingredient to welcome the cooler climes in the UAE. A popular fruit to bake with, *Sukaina Rajabali* shows us how versatile they can be as an appetiser and main meal too

FOOD STYLING, PHOTOGRAPHY AND RECIPES SUKAINA RAJABALI

Apple, grapefruit and mixed greens salad with a tangy grenadine molasses dressing

SERVES 2-4

1 large apple, thinly sliced
1 small grapefruit, peeled and segmented
2 cups mixed greens such as rocket, lettuce, spiced mustard and red chard
1/3 cups walnuts, roughly chopped
1/4 cup extra virgin olive oil
2 tsp grenadine molasses
juice of 1/2 a lemon
salt to taste

1 Fill a large bowl with water and juice of a lemon. Thinly slice the apple and soak in the lemon water immediately to avoid contamination.
2 Segment the grapefruit and thoroughly wash and drain the mixed greens. Arrange the salad by stacking the apple slices and garnishing with the mixed greens and grapefruit segments.
3 To make the dressing, mix together the olive oil, grenadine molasses and lemon juice. Season with salt and drizzle over the salad. Garnish with walnuts.

FUN APPLE FACTS

- 7,500 types of apples are grown around the world
- Apples don't contain any fat, sodium or cholesterol
- 25% of an apple's volume is air, which is why they float in water
- Two thirds of an apple's fiber and many antioxidants are found in the apple's peel.
- The average person will eat 65 apples per year
- One medium apple contains about 80 calories.





Winter squash and apple soup

SERVES 4-6

2 tbsp butter
1 clove garlic minced
1/2 cup celery, roughly chopped
1 1/2 cups butternut squash, peeled, deseeded and roughly chopped
2 tart apples, peeled cored and roughly chopped
3 cups chicken broth (or water)
pinch of salt, pepper, cinnamon and paprika
sour cream and chopped herbs to serve (optional)

1 Sauté the garlic in butter until fragrant. Add the celery and sauté until transparent. Add the squash and apples and sauté for a further 2 minutes. Add the broth and salt and simmer gently for 30 minutes or until the vegetables are tender.
2 Puree the soup and season with pepper, cinnamon and paprika. Serve with a sprinkling of herbs of your choice and a dollop of sour cream.

Apple and cinnamon bundt cakes

250g all purpose flour
2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 1/2 tsp cinnamon powder
150g butter, room temperature
230g sugar
3 eggs
1/4 cup buttermilk
1/4 cup apple juice
100 g applesauce
icing sugar cinnamon powder to serve (optional)

1 Preheat the oven to 180 degrees Centigrade. Grease and flour a bundt tin. In a large bowl, mix together the flour, baking powder, baking soda, salt and cinnamon powder. In another bowl, mix the buttermilk, apple juice and applesauce.
2 Using the paddle attachment on your stand mixer, beat the butter for 2 minutes on medium speed. Add the sugar and beat until light and fluffy, about 5 minutes. Add eggs, one at a time, beating thoroughly between each addition and scraping the side of the bowl when needed. With the mixer speed on low, add the dry ingredients alternating with the wet ingredients. Pour batter into the bundt tin and bake for approximately 45 minutes (less if using mini bundts) or until a skewer comes out clean.
3 Let the cake cool for at least 10 minutes before turning out onto a wire rack. When completely cool, sprinkle with icing sugar and cinnamon powder to serve.



Sukaina Rajabali is a food photographer and writer in Dubai. She authors the food blog ***sipsandspoonfuls.com***

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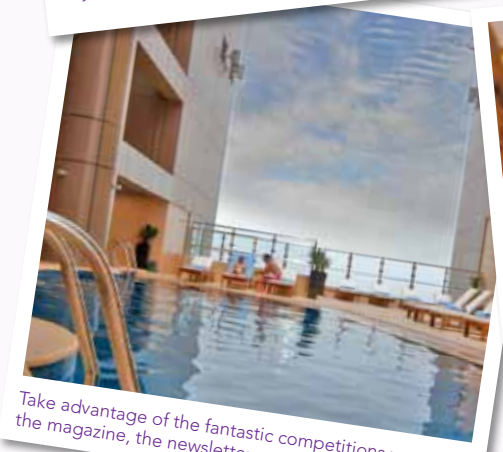
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Cooking with a manicure

Dubai's sassiest foodie, *Farah Sawaf* teaches us how to create cosy autumn comfort food at its best! Invite friends and family over to enjoy creating these seasonal treats



"Butternut soup is extremely creamy and sweet, making you feel like it's not good for you, but I'll let you in on a secret, it is!"



Creamy butterynutty soup

Photography CRIS MELORADA

Farah Sawaf loves to get her seasonal fresh fruit and vegetables from Organic Foods and Café.

"I absolutely love shopping there, not only due to the charming, peaceful experience and great service- but every 3rd Saturday everything is 20% off so I was able to get everything at a discount! I know what is going into my food and ive never seen vegetables more crisp and colourful, the chicken is so tender and the end result tastes like no other," says Farah.

This autumn, pick the best of butternut, sweet potato, courgettes, peppers, potatoes, rosemary, basil and more.

Farah's products and accessories are from Tavola, Dubai.

For more fabulous foodie delights from Farah Sawaf, visit cookingwithamanicure.com.

Creamy butterynutty soup

SERVES 4 ● 55 MINUTES

Low in saturated fat, butternut squash delivers a high dose of dietary fibre, making it an exceptionally heart-friendly choice. Not to mention a great source of calcium and magnesium, which is something we tend to overlook in our diet. Dig in!

*Recommended nail polish color for this recipe: Ginger Lace *Blender required for this recipe*

2 tbsp unsalted butter or reduced fat margarine, butter flavour
1 small yellow onion, chopped
1 medium butternut squash, peeled, de-seeded and cut into rough chunks
1 large or 2 small garlic cloves, roughly chopped
4 cups chicken stock
¼ teaspoon ground nutmeg
2 tablespoons of light cooking cream
¼ teaspoon kosher salt ¼ teaspoon grated black pepper
Fat free sour cream and fresh rosemary, for garnish (optional)

1 In a large pot melt butter over medium heat. Add onion and cook for about 6 minutes, stirring frequently, until translucent.
2 Add butternut squash and garlic and sauté for 5 mins. Add chicken stock. Bring to a boil then simmer and cook for about 20 minutes until squash is tender.
3 Once tender, put aside to cool for approximately 20 minutes.
4 Carefully ladle the mixture into a blender and purée until smooth. Alternatively, use a hand blender where you can blend right in the pot. Return the blended squash to pot. Stir and season with nutmeg, cream, salt and pepper.
5 To serve, garnish each bowl with rosemary and a small dollop of sour cream, if you like. Grind some more black pepper for final touch.



Fiesta quiche

SERVES 4 TO 6 ● 1 HOUR

I took this dish to a party once and it was gone before we set out the forks. Yes, it was devoured with sets of hands! Quiche is such a wonderful meal as it gives you the creamy egg flavour coupled with puff pastry sending it off with a chewy then crunchy texture.

Recommended nail polish color for this recipe: Coral Reef

1 thick sheet puff pastry (frozen is fine, if thawed completely)
2 medium green asparagus stalks, chopped
½ cup white button mushrooms, thinly sliced
¼ cup yellow onion, thinly sliced
olive oil for sautéing
3 extra large eggs
1 cup extra-light cream
½ tsp ground nutmeg powder
1 ¼ tbsp all purpose flour
½ tsp kosher salt
½ tspn ground black pepper
1 cup low fat mozzarella cheese, shredded
1/2 cup low fat cheddar cheese, shredded

1 Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
2 Roll out the puff pastry and place into a flour-dusted 10 inch (25.5 cm) pie pan, about 1 ½ inch high (3.5 cm).
3 Press dough all over lightly with a fork, including sides tightly and place in oven for 5 minutes. Remove from the oven and set aside until ready to use.
4 Drizzle olive oil into a pan, over medium heat. Sauté the asparagus, mushrooms and yellow onion for five minutes. Turn heat off. Combine eggs, cream, flour, nutmeg, salt and pepper in a small bowl and whisk. Combine with vegetables over medium heat for 2 minutes continuously stirring. Bring to a light boil, then change setting to low heat, add the mozzarella cheese. Stir well over the low heat and make sure it's all melted.
5 Pour egg mixture into the pie pan and sprinkle cheddar cheese on top. Use a fork to swirl the cheese lightly into the egg mixture.
6 Place in the oven on lower middle rack and bake for approximately 30 minutes, depending on how brown you want the top of the quiche. Note that the centre of the pie will rise, but after removing from oven it will go down.
7 Remove the pie pan from the oven and allow it to cool on a counter for at least 20 minutes before cutting into slices and serving; or it will still be too soft to cut, it needs time to harden.



Juicy roasted chicken

Serves 4 to 6 ● BRINING PROCESS 2 HOURS MINIMUM ● PREPARATION AND COOKING 1 HOUR, 20 MINUTES

I know, I know. You're thinking: "chicken is boring and so dry!" Trust me, this recipe will change the way you thought about this lovely bird. The secret lies in an easy technique called brining. All it entails is soaking the whole chicken for at least three hours in a simple saline solution. Thanks to osmosis, the meat absorbs the liquid and any of the spices, herbs or other flavourings you add to the brine solution. The result: Really tender, juicy, flavourful meat and finger-licking-good sauce. Brine can be made a day or two ahead of time so you don't have to worry about the cooling process- or an alternative is to add a bunch of ice to the mix for a fast cool off.

Recommended nail polish color for this recipe: Poetic Petra

FOR THE BRINE:
1 liter cold water
¾ cup kosher salt
¼ cup sugar
1 cup unsalted chicken broth
1 tbsp of freshly grated black pepper
1 bay leave
1 tbsp oregano
1fresh sprig of rosemary (or anything you have in the pantry that you prefer if one of these spices are not available)
1 medium-sized whole chicken with skin
1 small lemon cut in half
cooking string
meat thermometer (not necessary, but nice to have to show you exactly when done from center)
1l water with 1 tbsp kosher salt for boiling
2 small red potatoes, with skin, cut in ½-inch chunks
1 carrot, skinned and cut into chunks
4 cloves of garlic chopped
1 small onion, cut into large chunks
extra-virgin olive oil
1 red delicious apple, peeled, cored and cut in large cubes
FOR THE SAUCE:
1 cup honey
1 ½ tablespoons curry powder
4 tablespoons Dijon mustard
2 cloves of garlic, peeled minced

1 In a large stock/soup pot mix together brine ingredients:- water, salt, sugar, broth and spices and heat over high heat. Keep stirring until the sugar and salt dissolves. Bring it to a boil and set aside to cool to room temperature completely. Place in freezer for about 10 minutes.
2 Take pot out of freezer and Pplace the cleaned, whole chicken into brine mix. Cover and place in refrigerator for at least 2 hours. You can leave it in for about 8 hours if you want to make in the morning and forget it until you get home from work, or even the night before.
3 When ready to begin cooking, preheat oven to 400 degrees Fahrenheit (200 degrees Celsius) In a medium pot, boil approximately 1 litere of water with salt. Place the chopped potatoes and carrots in the water, with some salt, for about 10 minutes.
4 Take the brining pot from the fridge and remove the chicken onto a clean cutting board while you discard brine mix. Next, rinse the chicken well under cool, running water. Pat dry with a paper towel , place on clean cutting board and stuff the two lemon halves into the cavity of the chicken.
5 Holding the drumstick bones together tightly (the chicken will look like it's crossing its legs/ ankles), breast-side up, tie the two drumstick bones together with cooking string. No need to get fancy, a simple tight knot will do.
6 Place the chicken in a roasting pan. Drain potatoes and carrots and place around chicken along with the chopped onion and garlic. Drizzle olive oil on the vegetables and a little dabble over the chicken as well.
7 If you have a meat thermometer, jab it into the meatiest part of chicken, usually the breast. Cover with aluminium. Place the roasting pan onto the lower rack of the preheated oven for 30 minutes.
8 While the chicken is roasting, combine honey, curry powder, Dijon mustard, and garlic together in a small bowl or serving saucer. Cover with cling film or the saucer's lid and set aside at room temperature until you're ready to eat. Room temperature.
9 After 30 minutes, take the roast chicken out of the oven. Baste the chicken and vegetables with the liquid accumulated at the bottom of roasting pan. You can do this with a spoon or actual baster. Mix in chopped apples into the already roasting vegetables. Place the roasting pan, uncovered, back into the oven and let cook for another 2515 minutes. Cut a small incision to make sure it is no longer pink. If still pink give it another 5 minutes and check again.
10 Take the roast chicken out of oven and let it cool for 15 minutes. Snip away and discard string from the drumsticks and remove the lemons. Transfer the roast chicken onto a serving platter, spooning vegetables around the beautiful bird.
11 Serve warm with the sauce. Let your guests add as much as they'd like or you can drizzle some of the sauce yourself over the masterpiece.



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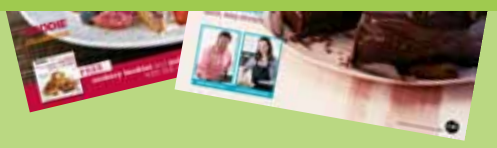
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Last bite



We enjoy a last bite with Daniele Capobianco, the newly appointed Italian head chef of Certo, Radisson Blu Dubai Media City

What do you think is the essence of great Italian food? Passion.

You come from Umbria, which is famous for its truffles, an ingredient that is in season now. How do you like to use truffles?

I like to combine them with a huge variety of ingredients. I have been taught that truffles should never be cooked or it'll lose its structure and flavour, I come from a region of Italy where we like to cook in a rustic way.

What are your favorite ingredients to work with and why?

My favourite ingredient is seafood in general because it needs a lot of attention while preparing it and it combines very well with other ingredients.

As the newly appointed head chef of Certo, what changes can we expect?

I'll make sure that the original Italian taste will be there and I'll try to bring some innovative things to the menu. I like to work a lot with combinations of tastes and textures.

What are you most excited about?

The guests of Certo have a good culinary culture when it comes to Italian food and they are ready to try new dishes and understand the history and passion behind them.

You have a passion for creating homemade cheeses and cold cuts – do you hope to bring this to Certo?

I really hope to bring them to Certo; and you could expect to find different kinds of milk cheeses like cow and goat as well as buffalo and sheep cheese, all in different flavours and ages. I like to aromatise cheese with olives, nuts, truffles, sun dried tomatoes, chilli and other different ingredients. Regarding the cold cuts, I usually age the pork pancetta as a small sausage. The sausages I use to serve them fresh too in different aromas. I also make something very similar to the bresaola.

If you were going to create a beautiful, romantic Italian meal for someone special, what would you cook?

I would find out the preferences of my guest, but if the guest has no problems with all varieties of food, I would look to have a balance in the menu using in it the different typology of dishes; I would keep the dish very tasteful, light and interesting.

What inspired you to become a chef?

It gives me great pleasure to see other people's satisfaction when eating a dish that I have prepared. Right from when I was a young boy, I started to prepare food for my family and friends at home. They enjoyed my cooking then, and from that moment I loved cooking.

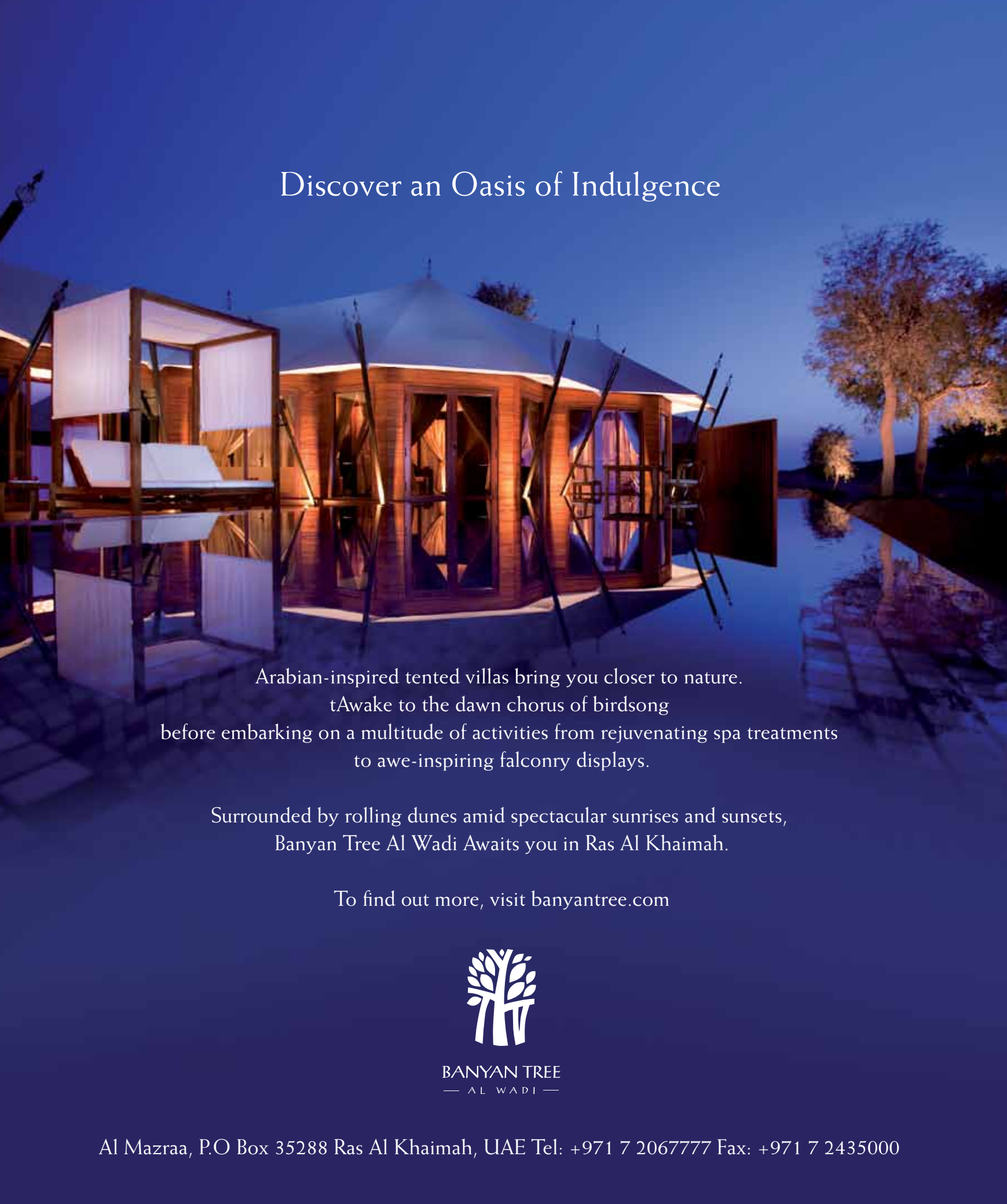
What is your first food memory?

The first food memory I can recall was when I first tried snails, it was a braised dish. We call it *lumache in porchetta*, which has nothing to do with pork as the name might suggest, but the ingredients that are used in the preparation of the porchetta like the wild fennel, black pepper and bay leaves.

Chocolate or cheese? Chocolate



Photography CRISTIAN BARNA



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